The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

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Marge Anderson Honored by Minnesota American Indian Chamber of Commerce

Sharon James (left) from the Minnesota American Indian Chamber of Commerce and Janice Bad Moccasin (right) from the Shakopee Mdewakanton Sioux Community presented the Bear Award to Molly Judkins (center), executive assistant to Marge Anderson. Molly accepted the Bear Award on Marge's behalf.

Mille Lacs Band Chief Executive Marge Anderson was honored in December for her longtime commitment to tribal economic development. The Minnesota American Indian Chamber of Commerce presented Marge with its Bear Award, recognizing her achievements in using gaming revenues to diversify the Band's economy, provide jobs, and expand services to Band members and the community.

Marge is one of the nation's most respected tribal leaders and a foremost advocate for tribal sovereignty and self-governance. Her extensive honors include selection as one of the 25 most influential women in Minnesota by *CityBusiness* (now the *Minneapolis/Saint Paul Business Journal*) and one of the 100 most influential Minnesotans of the twentieth century by the *Star Tribune*. She also received the Wendell Chino Humanitarian Award from the National Indian Gaming Association and the Tribal Leader of the Year Award from the National Congress of American Indians.

The Minnesota American Indian Chamber of Commerce gives the Bear Award to one individual each year who has shown an extraordinary commitment to the development and success of American Indian businesses.

Woodlands National Bank also wins award

Marge's Bear Award was one of five presented at the chamber's annual dinner on December 16. The chamber's Buffalo Award was given to Mille Lacs Band-owned Woodlands National Bank in recognition of its support of other American Indian businesses.

Connect With the Mille Lacs Band Online and On Your Phone

The Mille Lacs Band recently started Facebook, Twitter, and LinkedIn pages to help communicate with Band members better. The Band will use these tools to post information about its programs and services, pictures from Band events, news, and more.

Facebook: Mille Lacs Band of Ojibwe

"Like" us on Facebook by going to www.facebook.com and searching for "Mille Lacs Band of Ojibwe." Click "like" when you get to the page.

Twitter: millelacsband

Follow us on Twitter by going to twitter.com/millelacsband and click "follow."

LinkedIn: Mille Lacs Band of Ojibwe

Connect with us on LinkedIn by going to www.linkedin.com. Search for "Mille Lacs Band" under companies and choose "follow company."

2011 State of the Band Address

All Band members are invited to the 27th Annual Mille Lacs Band of Ojibwe State of the Band Address on Tuesday, January 11, 2011. The event will be held at Grand Casino Mille Lacs Events & Convention Center and starts at 10 a.m.

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Holiday Parties Attract Large Crowds

By Toya Stewart Downey

Urban area

Even the worst blizzard of the decade couldn't keep some Band members away from the urban area's annual holiday party.

About 150 people, including Band officials, corporate commission staff, Band employees, and the community, braved the elements to gather at the American Indian Center on Saturday, December 11.

When she learned that a snowstorm was going to hit the Twin Cities, Barb Benjamin-Robertson, urban program administrator, said she had doubts about whether to hold the party as scheduled or postpone it for a later date. Because so much effort had gone into the food preparations and staff were already in town to help, the party proceeded.

Even Santa Claus made an appearance spreading holiday cheer.

District I

Hundreds of Band members and their families, Band employees and others helped usher in the holiday season at the District I holiday party on Wednesday, December 15.

Maxwell Blake provided a relaxing atmosphere and played the flute during social hour.

The highlight of the evening was the performance by the Nay Ah Shing students, staff and employees. About 77 people from the schools participated in various song and dance routines.

The video/reading club recited the classic song, "My Favorite Things." The Maiingan Movers danced to the hit tune, "Party in the USA" by teen talent Miley Cyrus. And the school's athletic and activities staff danced to the Michael Jackson hit "Thriller" – all while wearing elf costumes.

Mr. and Mrs. Claus were on hand throughout the evening to visit guests.

Gift cards were distributed to District I residents who attended the party.

The Nay Ah Shing video/reading club recited the song, "My Favorite Things," at the District I holiday party.

The Maiingan Movers danced to "Party in the USA" by Miley Cyrus at the District I holiday party.

Director of Operations for the Band's Boys and Girls Club Justin Beaulieu (center) and Nay Ah Shing's athletic and activities staff danced to Michael Jackson's "Thriller" at the District I holiday party.

Children visit Santa Claus at the urban area holiday party.

Photos courtesy of Toya Stewart Downey

Commissioner of Education Dennis Olson (left), Commissioner of Health and Human Services Don Eubanks, and Urban Area Program Administrator Barb Benjamin-Robertson braved the snow to attend at the urban area holiday party.

Children celebrate the holidays at the urban area holiday party.

Boys & Girls Club Chapters Open in Each District

Photo courtesy of the Boys & Girls Club

The new Boys & Girls Club staff includes (left to right) Erik Parsons, Phillip Sam, Justin Beaulieu, Weylin Davis, and Gilbert Zamora.

Youth ages 5-18 invited to participate

The Mille Lacs Band has started Boys & Girls Club chapters in each reservation district. The Boys & Girls Club is nationally renowned as a safe place for kids to learn, grow, and foster positive relationships with other youth and adults.

"The community has been asking for new ways to help our youth set and achieve goals. People want to see a reduction in crime and dropout rates, and more accountability in how we work with our kids," said Dennis Olson, Commissioner of Education for the Mille Lacs Band. "The Boys & Girls Club is one of the most proven programs known for making progress in these areas."

Band families with youth ages 5-18 are invited to sign up; there is no cost to participate. Boys & Girls Club activities run each Saturday from 10 a.m.-7 p.m. and Monday-Friday after school until 8 p.m. for kids ages 5-12 and until 10 p.m. for youth ages 13-18. All activities are based at the Mille Lacs, Isle, East Lake, and Lake Lena community centers.

How this program is different

The Boys & Girls Club of the Mille Lacs Band replaces the Community Recreation and Sports Program in each reservation district. There are several benefits to the new program, says Justin Beaulieu, director of operations for the Band's four Boys & Girls Club chapters.

"The Boys & Girls Club has been around for 140 years. It's a successful model for fostering healthy, productive youth, and it has existing resources that we can tap into and adapt to match the needs of the communities and the youth we serve," Justin said.

The Mille Lacs Band is currently funding the program, but "we will look at grants and other additional funding sources in the future," Justin said. Because the Boys & Girls Club is such a respected and well-known name, finding funding sources for a Boys & Girls Club chapter will be easier than pursuing them as an independent tribal youth program.

One of the reasons why the Boys & Girls Club has become so respected is that it provides quality programming that is continuously measured to ensure success. Justin and other program leaders will evaluate the ongoing progress of the program and make adjustments as needed.

"The Boys & Girls Club model includes standard programming, however, we will be assessing the needs of the community and the youth to offer variations that fulfill the needs of both," Justin added.

Another feature that Justin is looking into is transportation – both from local schools to the community centers and from the community centers to kids' homes. "We are working with the school districts to coordinate transportation to the centers. We are also exploring better options for transport after programming," he said.

Education, arts, culture and recreation activities

Boys & Girls Club programs focus on education, career, character, leadership, health, life skills, and arts topics as well as sports, fitness and recreation. The Band's Boys & Girls Club staff members each specialize in a specific area, so that the youth know who to turn to as their leaders in the various areas, from homework assistance to health and fitness.

For example, the education specialists in each district will communicate with the schools so that they are better equipped to help youth with their homework.

"We want teachers to know that they can call us, and we want kids to know that they can have our one-on-one attention when necessary," Justin said.

While some features, such as homework assistance, will be available every day, other Boys & Girls Club activities will vary from day to day and week to week. A weekly schedule will be posted on www.millelacsband.com and at the community centers. When activities are scheduled that need permission, a weekly schedule will be sent home with the youth for parents or guardians to sign.

How to sign up

Parents or guardians who want to sign their kids up for the Boys & Girls Club can do so at any of the community centers. If you have any questions, the Boys & Girls Club district coordinators are:

- Phillip Sam, District I: 320/532-7518
- Gilbert Zamora, District II: 218/768-3311, ext. 2230
- Erik Parsons, District IIa: 320/676-1102
- Weylin Davis, District III: 320/384-6240, ext. 237

Justin Beaulieu also welcomes questions and suggestions. Contact Justin at 320/532-7586 or justin.beaulieu@millelacsband.com.

Upcoming open houses

The Boys & Girls Club will host open houses in February. Watch the bulletin boards at the community centers or www.millelacsband.com for dates and times in each district.

Central Lakes College Offers Free Nursing Assistant Class

The Mille Lacs Band is partnering with Central Lakes College and the Mille Lacs Health System to offer a free nursing assistant class to anyone interested in a career in health care. Band members who are interested in becoming a nursing assistant and/or home health aide are encouraged to register. Tuition, supplies and uniforms will be provided through a grant from HealthForce Minnesota.

The nursing assistant class will enable students to practice and demonstrate basic nursing skills in supervised laboratory and clinical settings. Clinical sessions will be performed in a nursing home.

The class will also teach nursing ethics, basic human needs, and personal care skills.

Upon completion of the three-credit college course, students will be eligible to take a test to be placed on the Minnesota Nursing Assistant Registry.

The purpose of this course is to recruit and train low income, first generation, students of color and American Indians in professional health careers.

The nursing assistant class will take place from January 25-March 14 at Mille Lacs Health System hospital in Onamia. Classes will be held Monday-Thursday from 4-7:30 p.m.

Students must register for the course by Friday, January 21. To register or receive more information, Mille Lacs Band members should contact Deb Campbell at 320/532-4741 and non-Mille Lacs Band members should contact Jean Mershon at 218/855-8236.

The Band, Central Lakes College, Mille Lacs Health System, and Nay Ah Shing, Isle and Onamia schools are also planning to offer a class for high school students in the spring interested in becoming nurses' aides. The *Inaajimowin* will have more updates as they become available.

Circle of Health Update

By Circle of Health staff

Medicare

Medicare reimbursements for January, February and March will be processed and mailed by Friday, January 14.

If you have not received your award letter, call Medicare (800/633-4227) or your local social security office to request a new award letter.

Once we receive your award letter, we will reimburse you within our reimbursement period. We will automatically include you in the next round of reimbursements in April. These reimbursements will be for April, May and June.

State of the Band

Please stop by our table at State of the Band to update your yearly enrollment and consent forms. At this time, we need to make copies of the front and back of your current insurance cards. Once we have this information, you can request new cards to be mailed to you. We will have a prize drawing for those who complete their forms and bring in their insurance cards.

Insurance updates

The following updates are provided by our office on a quarterly basis. If you encounter a recurring problem, please call our office and let your claims processor know.

Private insurance

Every year insurance carriers adjust their monthly premium amounts, so watch for insurance packets. In most cases, they will request that you fill out information. Circle of Health is not responsible for filling out information on behalf of Band members. If you do not complete and return the requested information you risk the termination of your policy.

Requests from insurance carriers could include, but is not limited to:

- Consent of release of information forms
- Health history updates
- Acknowledgement of premium increases
- More information about dates of questionable service
- Information about dependents and secondary schooling
- Payer information
- Additional contact information

If you have immediate questions, or would like to find out when your annual increase is effective, call the 1-800 customer service number located on the back of your insurance card.

Remember that requesting that your premium notices be mailed directly to Circle of Health does not guarantee that we will receive them. It is each Band member's responsibility to ensure that we receive your monthly or quarterly premium notices.

Dental coverage plans

A new year has begun and most dental plans' yearly dental benefits are available up to the maximum coverage amount. Most dental plans run from January 1 through December 31, but you should call to verify this as there are some that may go by your enrollment date.

As always, before any procedures takes place, you should ask your provider or call your insurance directly to find out what your insurance will cover. Any cost incurred will be your responsibility.

A reminder, if you have recently applied for a private health policy and completed all Circle of Health update forms, you are also eligible to sign up for Brokers Life. Brokers Life can provide you with dental and vision coverage. Call the benefit coordinator if you have questions or would like to request more information.

Contact information

Please allow a two- to six-week grace period for reimbursement claims from the date of submission. If you have any questions, please contact David Boyd (A-L), Roberta Lemieux (M-Z), or Michelle Palomaki, director of Circle of Health, at 320/676-8214 or 800/491-6106.

Second Grader Wins Casinos' Holiday Card Contest

Photo courtesy of Grand Casino Mille Lacs

Ronni Jourdain (left), Dawn White (right), and Dajatay Barnes (not pictured) received prizes from Grand Casino Mille Lacs and Grand Casino Hinckley for their holiday artwork.

Grand Casino Mille Lacs and Grand Casino Hinckley chose Nay Ah Shing second-grader Dawn White's holiday artwork for their 2010 holiday card. Dawn received a pink Pendelton blanket and 50 holiday cards.

Every year, the Nay Ah Shing elementary school students draw a holiday scene for the casinos' holiday card contest. After careful consideration, casino employees chose one of the drawings to be printed on their company's holiday card.

Dajatay Barnes won second place, receiving a $50 prize. Ronni Jourdain placed third and won a $25 prize. Each of the teachers received a $65 donation from Grand Casino to their classrooms for participating in the contest.

Get Involved in Tribal Government

By Curt Kalk, Secretary/Treasurer

The elected officials have heard from several Band members who are interested in getting involved in the tribal government. The other elected officials and I are excited to have more participation from Band members.

Below are the Minnesota Chippewa Tribe election guidelines. While the Mille Lacs Band will not hold its next elections until 2012, it is important to read the guidelines early, because candidates must meet residency requirements for the 2012 elections.

There are also several opportunities to get involved in the tribal government by serving on boards. We will print the available board openings and their term limits in next month's *Ojibwe Inaajimowin*.

MCT candidate eligibility guidelines

A candidate for office must: (1) be an enrolled member of the Tribe; (2) be enrolled with the Reservation of his/her candidacy; (3) reside on the Reservation of his/her candidacy and enrollment; and (4) meet the requirements of Article IV, Section 4 of the Constitution, as set forth in subsection D of this Section. A candidate for Committeeperson to represent a district established pursuant to Chapter I, Section 4.1, below, must reside in the district of his/her candidacy and enrollment. *Requirements (1), (2) and (3) must be met for at least the 12-month period immediately preceding the date established for the Primary election*. No member of the Tribe will be eligible to hold office, either as a Committeeperson or Officer, unless he or she will reach his/her twenty-first (21st) birthday on or before the date of the election. A candidate may file for only one (1) position.

To read a full version of the MCT election guidelines, visit www.mnchippewatribe.org/election_ordinance.pdf.

Band Member Accepted Into Political Fellowship

Photo courtesy of Carla Big Bear

Carla Big Bear

By Toya Stewart Downey

Band member Carla Big Bear is one of several college students across the country who have been awarded a prestigious fellowship opportunity at The George Washington University in Washington, D.C.

Carla, 27, was selected to participate in the University's Semester in Washington Politics Native American Political Leadership Program.

"After my classes at St. Cloud State last semester, my eyes were more open to what was happening in the world – at the local, state and national levels," Carla said. "I became more aware of current events, so when I found out about this opportunity, I decided to apply so I could learn more about what is important to me."

While in D.C., Carla will take three classes and complete an internship – all designed to give her a better understanding of how government works.

Her tuition, books, housing, travel, and other costs will be covered by the fellowship, which runs from January 10 to April 29.

Her internship will be with Holland and Knight – a lobbying firm that the Band works with on federal issues.

Carla, who is working on a Bachelor of Arts Degree in Criminal Justice at St. Cloud State University, will take the semester off from her college studies during her stint in D.C.

She will also take a leave of absence from her job as a grant writer for the Band.

Carla believes the experience she will obtain at The George Washington University will be instrumental as she pursues a graduate degree or a law degree after completing her undergraduate education.

"I've always wanted to be a lawyer," said Carla who hopes to work as an assistant county attorney or eventually work for the Band in the Solicitor General's office.

All are realistic goals, according to Band Chief Executive Marge Anderson who wrote a recommendation letter for Carla's application into the program.

"Carla is a hard working individual with a great deal of potential," Marge wrote. "She has always given 100 percent in whatever she does."

Her supervisor, Elysha Gellerman agrees. In the recommendation letter Elysha wrote, "Those who know her are confident that she will hold an influential position; they know it is simply a matter of time."

The Native American Political Leadership Program is designed to give Native American undergraduates an educational opportunity that is unprecedented. They interact with policymakers and political leaders as well as study public policy issues affecting Native American communities.

Participants learn how political decisions are made, how the government is run, and how those in power use their influence. They also study components of political campaigns, see how messages are developed, and learn what lobbyists do.

When the program ends, students will have learned what it takes to win elections, pass legislation, and influence public opinion.

They will also know more about career options in the political field, such as congressional staffers, campaign managers, press secretaries, and lobbyists.

During the program, Carla said her goals are to obtain a better understanding of U.S. politics and interdepartmental relations; advocate Native Americans' needs in Washington D.C.; and enhance collaboration and communication between federal and tribal governments.

Carla said she is excited and nervous about going to Washington. It will be the first time she's been to Washington and the first time she'll be away from her family for an extended time period.

"I've never missed a niece or nephew's birthday," she said. "While I'm gone I'll miss four birthdays."

But she also knows that the time spent at The George Washington University will be invaluable and life-changing. "I'll find out how the federal government works and how it works with tribes," she said. "And I'll get a better understanding of how both can work together."

Families Enjoy Nay Ah Shing Festival

By Bugs Haskin

Families flocked to Nay Ah Shing Upper School in November to try their skill at many games in hopes of being a winner of several fall favorites, such as turkeys, hams, pies, fruit, potatoes, pop, and movie passes.

Everyone bundled up and went on a hayride, courtesy of Dan Oehrlein. It was a very brisk ride, but a lot of fun, and it was many peoples' first hayride. Several students went three or four times in a row, and then rushed into the school to warm up with hot chocolate and cider.

The gym was filled with laughter as family members challenged each other in shuffleboard, darts, football toss, hot hoops, ladder ball, bocce ball, toss across, and putting golf balls. A highlight of the evening was the Turkey Shoot, a game of shooting baskets. The names of winning contestants were put in a drawing for a turkey.

"Nay Ah Shing is all about families," said Principal Mary Simon. "Bugs Haskin puts in a lot of time and hard work to give the students opportunities to share fun activities with their families. This is our first Family Fun Festival, and it was a huge success. It just got us all ready for the holiday season."

Congratulations to the winners of the drawings, and thank you to those who donated prizes.

- Turkey Shoot: Shane Davidson, Donovan Hardheart, Bill Schaaf, and Amanda Eagle won turkeys donated by Dwight Reed from the Mille Lacs Band Tribal Police.
- Shuffleboard: Tia White and Chrissy Dahl won hams donated by Brandon Donahue from Mid States Refrigeration.
- Ladderball: Ronald Hardheart and Bob White won 24-packs of Mountain Dew donated by Cheryl Miller, a Nay Ah Shing School Board Member.
- Golf: Teyha Wade and Barb Wind each won five pounds of potatoes donated by Billie's Market.
- Bean Bag Toss: Charisse Cash and Lynnae Potter won bags of fruit donated by Luke Doud from Kirby Vacuum Sales.
- Darts: Taylor Nadeau and Ronald Hardheart won pies donated by Nay Ah Shing American Indian Business Leaders.
- Karaoke: Shyla Lussier and Clara Gahbow won Makwa movie passes donated by the Nay Ah Shing Athletic and Activities Department. Karaoke was provided by John and Sara Clemons.
- Concessions for the event were provided by the Nay Ah Shing American Indian Business Leaders.

Parents who are interested in planning and hosting school activities can join the Parent Action Committee. To sign up, contact Karen Sam, Nay Ah Shing parent involvement coordinator, at 320/532-4695, ext. 2160.

Danbury Fire Department Visits District III Head Start Program

Photo courtesy of District III Early Education staff

The Danbury Fire Department visited the District III Early Head Start and Head Start programs in November to help teach the children about fire safety.

Powwow Encourages Smoking Cessation

Photo courtesy of the MBO Public Health Department

Robert White Jr., Nay Ah Shing Middle School Brave, and his family made an appearance at the Gego Zaagaswaaken Powwow.

Photo courtesy of the MBO Public Health Department

Jasmine Schwensen, Mille Lacs Band of Ojibwe Jr. Princess, and her family supported smoking cessation at the Gego Zaagaswaaken Powwow.

By Public Health Department staff

More than 100 people encouraged people to quit smoking at the Gego Zaagaswaaken (Don't Smoke) Powwow at Nay Ah Shing High School. Youth danced with style and grace as they whole-heartedly supported this event. The Nay Ah Shing High School Singers also sang songs from the heart of the drum.

Mii gwech to the high school singers and the children that danced at the powwow.

Chi mii gwech to the various departments and people who supported this event, including:

- Minnesota Department of Health
- Mille Lacs Band Public Health Gego Zaagaswaaken Program
- Mille Lacs Band Public Health Department
- Mille Lacs Band Chief Executive Office
- Mille Lacs Band Legislative Office
- Curt Kalk, Sectary/Treasurer
- Mille Lacs Band Early Education Program
- Mille Lacs Band Family Services Department
- Mille Lacs Band Behavioral Health Department
- Bugs Haskin
- Mary Simon
- Jack Kingbird

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320/532-7812

TERC Drill

By Toya Stewart Downey

Imagine turning on a faucet to fill a pot with water and having nothing come out. Or, finding out that there's no water for showering, brushing teeth, or washing clothes.

Now imagine a worst-case scenario – every building in the District I community including homes, schools, medical facilities, businesses and government facilities – are also without water due to a broken water line. And the problem won't be fixed for days.

What would the community do? How would people get fresh water to drink? Or get water to wash their hands or partake in normal daily activities?

Those are the kinds of questions that the Band's Tribal Emergency Response Committee (TERC) recently discussed during a tabletop exercise conducted by Kim Thon from the Central Minnesota Region.

During the discussion-based exercise, the TERC members evaluated their ability to respond to the water crisis and review local plans. They also discussed ways to collaborate with entities across the region and state to help solve the situation.

Some of the topics discussed included tapping into resources such as water vendors and contacting emergency responders such as fire departments and the National Guard.

The committee reviewed possible scenarios that included closing the Grand Casino Mille Lacs Hotel, shutting down schools, and moving residents in the Assisted Living Center to another facility along with other Elders who live at home but need medical assistance.

They also evaluated how the plans could change depending on the season. They discussed ways of communicating with Band members and others in the community and how to best get the messages out regarding the most recent updates on the situation.

"What we know is that every piece of the puzzle would have to fit together to solve this problem," said Rob Thompson, the committee's safety/risk manager. "We all have a piece of the pie, and we need to work together to make this work."

It's also important for everyone to know what their role is and what they are supposed to do, added Mary Simon, principal of Nay Ah Shing schools.

"It's gratifying to know that there's a team that can help," said Mary, referring to the TERC committee.

Brian Scheinost, the Band's director of public works, said he thought the exercise was a great way to inform members of the TERC committee about the important role utilities play in day-to-day operations.

"Public Works does daily inspections on all of the main components of the water/wastewater system to make sure everything is operating correctly and to detect problems," Brian said. "The main components of the system have a redundancy of two built into them, like two pumps in a wastewater lift station or two wells at the water treatment plant."

"There have been times when things break that we can't be prepared for, such as a broken water line or wastewater lines," he said. "When these break, we have to shut down part or all of the utility to fix the item."

Still, Brian acknowledged, that a complete breakdown of the water system would be a complete nightmare for the community and it's something he hopes never happens.

Understanding the Differences Between the Band's Assisted Living Units and Nursing Homes

Photo courtesy of Toya Stewart Downey

Mille Lacs Band Elders eat lunch at the District I Assisted Living Unit.

By Toya Stewart Downey

Providing the best care for Band Elders has been a top priority of the Band for many years.

That's one of the reasons the Band established its assisted living centers in District I and in East Lake. The goal was to create a living environment for Elders who were able to care for themselves, but who needed a little extra help with daily tasks.

The endeavor has been more successful in District I than in East Lake, based mostly on the Elders' desires to live in the District I ALU and the Band's ability to provide adequate staffing in that location.

In East Lake, the population is smaller and it's been challenging to get the 24-hour staffing that's required at the center. Plus, Elders haven't been as eager to leave their homes to move into a center.

Still, the Band sees the growing need to find ways to accommodate Elders who require more medical attention and daily living assistance than the ALU can offer.

Currently the Band is studying the feasibility of providing a full-service nursing facility that will offer services that the ALUs cannot, said Salina Rizvi, the Band's director of medical services.

"To live in an assisted living center, you need to be independent to a certain point," Salina said. "And the ALUs aren't equipped and staffed for anything except minor health conditions."

On the other hand, nursing homes are designed to provide complete around-the-clock medical attention for those who need it.

"Nursing homes have doctors on call and qualified medical staff who are on site 24 hours a day. They're equipped to monitor a person's health," said Salina. "They serve three meals each day and provide many other services that our ALUs cannot."

Stacie Papenfuss, the Band's Assisted Living Unit nurse manager and registered nurse, said, "The safety of a resident is the most important aspect of the ALU. The resident needs to be able to communicate their own safety needs."

Though Stacie said this is not always so clear. "Sometimes an individual can appear to be a good candidate for the ALU, but they may have episodes that are beyond what staff is trained for or the facility itself cannot accommodate."

To help people better understand the differences between nursing homes and ALUs, Stacie provided the following information.

Assisted Living Units

- Residents must be independent and only require minor assistance.
- Residents must be able to walk independently without having anyone transfer or lift them in any way. (ALU staff is not allowed to lift residents.)
- Residents must be independent enough to feed themselves, manage toileting needs, and bathe without assistance.
- Breakfast and lunch are provided by the ALUs, but residents need to prepare dinnertime meals. However, the staff at the ALU can assist with dinner for residents who need help.
- Most residents do their own laundry, but ALU staff is available to help with laundry as needed.

When it comes to helping residents with medications and medical practitioners, the ALU can provide some assistance, Stacie said.

- The ALU can assist an individual with medical needs, such as making appointments.
- The ALU certified nursing assistant can deliver medications, but cannot administer medication or use syringes.

For insulin-dependent diabetics, there are other considerations to take into account before moving to an ALU.

- Residents who are insulin-dependent diabetics need to be able to give themselves insulin or have a family member administer it.
- Insulin can be given by nurses, but they are not on duty 24 hours a day.

ALU residents must be able to communicate with minimal effort and should expect to receive both oral and written communication.

- Minimal assistance for vision or hearing loss can be accommodated if the resident is able to communicate his or her needs to staff.
- The communication of the resident needs to be appropriate to staff and other residents.

Another consideration is that sometimes health issues such as dementia causes behaviors that the ALUs aren't equipped to handle, Stacie said.

"Many times when dementia or other disorders progress, individuals become inappropriate and can be abusive towards other residents or staff," Stacie said.

"Dementia can also cause residents to wander," she added. "The ALU is not a locked unit, so a nursing home would be a safer choice for a person suffering with dementia."

Nursing homes

- Nursing homes have staff that consist of directors of nursing, registered nurses, licensed practical nurses, certified nursing assistants, physical therapists, occupational therapists, speech therapists, nutritionists, activity people, providers', and social workers that work on site to help with patients' needs.
- Nursing homes are for dependent individuals. They offer 24-hour care and have nurses on duty at all times.
- Nursing home residents need assistance with daily living activities. Residents require assistance in some way, such as grooming, bathing, dressing, transferring, walking, toileting, eating, and basic well-being. They may also need help with medications or emergencies.
- Nursing homes monitor residents' intake and output. A resident's intake is charted at every meal and their output is monitored by aids and given to nurses every shift. This is done to care for weight and help with medications and wound care.
- Nurses at nursing homes are also able to help with the cleaning and monitoring of catheters.
- Meals are prepared and monitored according to doctor orders (many individuals have low sodium or diabetic diets).

"A nursing home has adequate staff to perform duties that exceed the ALU, such as transferring and turning individuals," Stacie said. "Many times, residents require two people or lift machines to move them from one point to another or they may be placed on a turning schedule to prevent skin breakdown and bed sores."

Because health care needs change, some Elders who may start at the ALU are transferred to a nursing home when their needs outweigh what can be provided by the ALU.

Mary Sam Receives State Human Rights Award

Mary Sam received the Minnesota League of Human Rights Award.

Long-time community member Mary Sam received the 2010 Minnesota League of Human Rights Award, which recognizes outstanding contributions concerning human rights issues.

Described as a "seasoned activist," Mary received the award in December from the Minnesota League of Human Rights Commissions at the Minnesota Department of Human Rights Conference in Saint Paul.

"Mary Sam brings passion, commitment and activism to issues of human and civil rights. Mary is intolerant of intolerance," said the Minnesota League of Human Rights when presenting Mary with the award. "Mary does not allow old rules to squelch her sense of justice and the valuing of human and civil rights. As long as intolerance is tolerated, Mary Sam will be present, bold and purposeful."

Among previous winners is the Mille Lacs Area Human Rights Commission (2005), the first regional human rights commission to include an American Indian reservation. Mary helped form that organization.

This is the second such statewide honor for Mary. She was the recipient of the 1997 League of Human Rights Commissions Award for her distinguished service at Armstrong High School in Plymouth.

Mary is currently the director of diversity and student affairs at Central Lakes College.

Grand Casino Mille Lacs Saves Energy and Money

By Sarah Barten, Grand Casino public relations specialist

Grand Casino Mille Lacs was presented one of the largest rebate checks from Mille Lacs Electric Cooperative in December. Earlier this year, the casino replaced its incandescent and compact fluorescent light bulbs (CFLs) with LED (Light Emitting Diode) lights both inside the casino and in the parking lots.

"It's great to see a large business like Grand Casino Mille Lacs participate in this energy optimization program," said Jeff Peysar, Mille Lacs Electric Cooperative's energy advisor. "Together we are working to reduce energy consumption and utilize energy more efficiently."

Grand Casino Mille Lacs has participated in the rebate program for 10 years, but this is the largest rebate it has received. Every year, the Grand Casino Mille Lacs facilities department identifies ways to cut operating expenses, and one of those ways was to reduce energy consumption. Jim Hutchison, Scott Hoffman, and Lucas Best, Grand Casino Mille Lacs staff electricians, played an important role in identifying and justifying this project.

Rob Johnson, vice president of facilities for the casino, said that other projects targeted to reduce energy consumption at the casino will result in additional rebates.

"We are exploring all options to ensure our property is energy conscious," Rob said. "Whether it is something as simple as replacing a piece of kitchen equipment or upgrading a major component of our HVAC system, we take into consideration all potential energy savings when we justify making that upgrade."

Mille Lacs Electric Cooperative's rebate program is funded by Great River Energy, an electric cooperative headquartered in Maple Grove. Electric utilities are required to fund conservation programs that produce energy savings equivalent to 1.5% of total kilowatt-per-hour sales. Great River Energy funds conservation rebate programs through its wholesale power rate and, in turn, aggregates the savings from each of its distribution cooperatives for reporting to the State of Minnesota.

Grand Casino Hinckley also works to reduce energy consumption. Last year, East Central Energy gave its largest rebate check to Grand Casino Hinckley for the replacement of heat pump units in the hotel, which allows the casino to better control the heating and cooling systems and a new high efficiency roof top unit. Grand Casino Hinckley will also be replacing the incandescent bulbs to new LED lights. This project begins this month.

Tribal Noteboard

Happy January birthday to:

Deek, on January 1 with love from Kelly, Jay, Kellen, Tracy, Rachel, June, Taya, Noah, Jen, Wesley and Onee • **Tracy**, on January 14 with love from Kelly, Jay, Kellen, Rachel, June, Taya, Noah, Deek, Jen, Wesley and Onee • **Shane Boyd**, 23, on January 15 with love from Laila, Kateri, and your family on Henry Davis Drive • **Frances Davis**, 1, on January 1 with love from daddy, Grandma Frances, Marlow, Neemah, Laila, Tawney, Diamond, Tuffy, Tippy, Babycat, TI, Spike, Elaine, Rileh, Christa, Lorna Hanes, Antwaun, Cheyaunarei, Lil Ricky, Fat Sister, Billy, Lenore, Nubby, Roach, the boys, Mitzi, Chico, and cooties • **Anthony Passarelli**, 28, on January 18 with love from mom, Karen, Chris, Steve, Donald, and your family in Minnesota • **Brayden Mitchell**, 3, on January 1 with love from Auntie Debbie, Carmelena, Mataeo, and Grandma Bea • **Katelyn Mitchell**, 10, on January 7 with love from Auntie Debbie, Carmelena, Mataeo, and Grandma Bea • **Jon Mitchell**, 21, on January 14 with love from Auntie Debbie, Carmelena, Mataeo, and Grandma Bea • **Jameson Anderson**, 14, on January 4 from mom, dad, Cordell, Chris Jr., Gram K, Gram AA, Sharon, Ravin, Melodie, Wally, Tracy, Shelby, Jarvis, Jacob, Jamie, Aiva, Markie, Emery, Auntie Val, Mariah, Baby Kevin, Karen, Pie, Uncle Brad, and Rae • **Jamie**, on January 19 with love from Aiva, Mark, Emery, Jake, Tracy, Val, Pie, Kevin Jr., Shelby, Jarvis, Karen, Gram AA, Sharon, Wally, Ravin, Melodie, Nicole, Chris Sr., Jameson, Cordell, Chris Jr., Uncle Brad, and Rae • **Arielle Pendegayosh**, 4, on January 20 from mom, dad, Antavia, Gram, Bapa, Auntie Hanay, Steve, Ben, Lalam Nino, and Grandma Shot • **Daniel McLean Jr.**, 4, on January 13 with love from mom and Thomas MacLean • **Booz,** on January 7 with love from Meany, Curt, Elle Nevaeh, Jaxin, Tommy Lee, Chaddy, Gabriella, Lance, and Honey • **Tommy Lee**, on January 27 with love from mom, Curt, Elle Nevaeh, Jaxin, Chaddy, Gabriella, Lance, Jim, dad, and grandma • **Elle Nevaeh**, on January 29 with love from mom, dad, Jaxin, Tommy Lee, Chaddy, Gabby, Lance, Big Happy, Tyson, Eva, Jon, Evelyn and family, APB, Paul Bunny, Owen, B-Dub, Diamond, Silas, Jim, The Bad Man, Chele, Carrie and family, and Honey • **Ahnaka Sam**, on January 30 with love from Auntie Meany, Elle Nevaeh, Jaxin, Tommy Lee, Chaddy, Gabriella, Lance, Honey, and your family in Isle • **Herb Sam Jr.**, on January 21 with love from Meany and family and your family in Isle • **Sanchez Sam**, on January 18 with love from Curt, Day, Elle Nevaeh, Tyson, Eva, Jon, and Evelyn • **Brent Bedausky**, on January 17 with love from dad, Nikki, Grandma Mary, Grandpa Jon, Brenda, Lucas, Rome, Chell, Camryn, Cordell, Cam, Tim, Ed, Veronica, Nan, Larry, Fran, Trista, and Paris • **Jaeden King**, 9, on January 17 with love from mom, dad, grandma, Bear, Sassi and Cate • **Clarissa**, on January 14 from Auntie Bear, Cali Rae, and Al • **Toni Marie Weous**, on January 3 from Auntie Bear, Cali Rae, and all your we-ehs • **Gabe Gahbow**, from Big Al, Dakota, Kyla, and Auntie Goats • **Dan Sam**, from Nancy, Kyla Lynn, Big Al, and Dakota • **Chelsie**, 20, on January 16 from Gramma June, Papa Gush, mom, dad, Dylan Jr., Leroy, Malarie, Lydia, Sam, Dan, Charles, Elvis, Hunter, Amber, Sunshine, Elliot, Ethan, Jazz, Tyrese, Manny, Keith, Sebastian, Marvin, and Terry and girls • **Charles III**, on January 16 from Gramma June, Papa Gush, mom, dada, Dylan Jr., Leroy, Malarie, Lydia, Sam, Dan, Charles, Elvis, Hunter, Amber, Sunshine, Elliot, Ethan, Jazz, Tyrese, Manny, Keith, Sebastian, Marvin, Chelsie, and Terry and girls • **Lydia**, on January 26 from mom, dad, Sam, Dan, Charles, Elvis, Hunter, Amber, Sunshine, Elliott, Ethan, Jazz, Tyrese, Manny, Keith, Sebastian, Marvin, Chelsie, and Terry and girls • **Niswi Sayers**, 11, on January 25 with love from Grandma Sami, dad, Kelly, Serenitie, Jay Jay, Jo Jo, Debo, Jamin, David, Drystin, Dayana, Chilah, and all your family in District IIA • **Debo Thomas**, 26, on January 31 with love from mom, Son, Kelly, Serenitie, Jay Jay, Jo Jo, Jamin, Dayana, David, Drystin, Niswi, Chilah, and your family in District IIA • **McKayla Boyd**, 14, on January 21 with love from mom, dad, Lydell, Tayaunna, Gramma Gladys, Papa Ron, Roland, Roland Jr., Collin, Camille, Terrell, Tierra, LaDarius, Clay, Candy, Clayton Jr., Aubrey, Roxanne, Danica, Roger, Bev, Juni, Roy, and Jillian • **Brandon Weidewitsch**, on January 15 from Ron, Gladys, Collin, Roland, Roland Jr., Desi, Lydell, McKayla, Tayaunna, Camille, Terrell, Tierra, LaDarius, Clay, Candy, Clayton Jr., Aubrey, Roxanne, Danica, Roger, Bev, Juni, Roy, and Jillian • **Danielle Smith**, on January 28 from Ron and all the Smith and Garbows • **Jeremy Dewayne Harrington**, on January 22 from Carrie, Renae, Justo, Zachary, Jerry, Kira, Phillip, Mickey, Nadine, Charlotte, Whitney, PJ, Sherry, Shawntell, Gabbi, Kathy, Potatoes, Carrie, Kelly, mom, Leonard, Michelle, Jada, Keonna, Cameron, Grandma Agnes, Sharon, Ravin, Melody, Wally, George, Ron, Dawn, Crystal, Marvin, Curtis, Valerie, Brad, and Tracy • **Brenda**, on January 18 from your little big sister Judy • **Louise Renee**, on January 7 from Kateri, Laila, Frances, Cheyenne, Jaagaab, Elaine, Rileh, Christa, Ricki, Lil Ricki, Cheyauna, Antaun, and Billy • **Wanda Boswell**, on January 21 from Kateri, Laila, Keith, Chris, Elaine, Rileh, Christa, mom, Cheyenne, Marlow, Franny, Lorna Hanes, Princess, Tawney, Tippy, Tuffy, Babycat, TI, Analise, Wetness, Lickolis, and Darrell.

Happy January birthday to Mille Lacs Band Elders!

Gloria Anderson
Art Benjamin
Gladys Benjamin
Mary Bellonger
Daniel Boyd Sr.
Edith Bush
Patricia Clark
Ronald Crown
Lorna Day
Eugene Davis
Bonnie Dorr
John Dowell
Dora Duran
Isabel Eubanks
Dorothy Frye
Janet Gahbow
Evelyn Granger
Rose Holmquist
Katherine Jackson
Charles Johnson
Grover Johnson
Patty Johnson
Richard Kegg
Lucille Kuntz
Priscilla Lowman
Gloria Lowrie
Bruce Martin
David Matrious
Temperance McLain
Michael Merrill
Mushkooub
Barbara Nelson
Cora Nelson
Rosalie Noonday
Dorothy Olson
Donna Pardun
Patricia Potter
Dora Sam
Bonnie Shingobe-Neeland
Joycelyn Shingobe
Larry Smallwood
Joseph Staples
Kathleen Vanheel
Walter Weyaus Sr.
Nancy Wood

Thank you

Thank you to everyone who attended services for **Bernice Grice (Wadena)** and for those of you who helped out. Bernice was a great woman who had a big heart for everyone. Her smile and gratitude will be missed by many. Thanks to those who sent flowers, Marge, Sandy, Curt and all the other programs. Mii gwech to all.

• • •

Thank you to **Marge Anderson and staff** for the great Elder trip to Las Vegas. We didn't win a million, but you made us feel like a million bucks. *From Karen Harrington, Loretta Kalk, Bev and Roger Garbow, Cindy Beaulieu, and the rest of the Elders.*

Anniversary

Happy 29th wedding anniversary to **Roger and Beverly Garbow** on January 16. *With love from Junior, Jillian, Roy, Ahnung, Ron, Gladys, Collin, Roland, Roland Jr., Desi, Lydell, McKayla, Tayaunna, Camille, Terrell, Tierra, LaDarius, Clay, Candy, Clayton Jr., Aubrey, Roxanne, and Danica.*

In memory

In memory of **Maxine Sam**.

The Great Spirit saw she was getting tired and a cure was not to be, so he put his arms around her and whispered "come with me." With tearful eyes we watched her suffer and saw her fade away, although we loved her dearly, we could not make her stay. A golden heart stopped beating, hard working hands put to rest, the Great Spirit broke our hearts to prove to us he only takes the best.

On January 11, it has been one year since we lost our mom. Not a day goes by that we don't think of her. We miss her loving smile and her kind voice. It has been a rough year without her but we are grateful that she is no longer in pain. *Love and miss you mom, from Arielle, Craig and Tony.*

• • •

January 28 would have been **Elleraine Weous's** birthday. You left us on November 1, 2009, and not a day goes by that I don't think of you. Your sense of humor, your laugh that shook your whole body, and that look you gave us that told us we were in trouble. Oh mom, I miss you so much. I wish I could hug you and say happy birthday even though you said "forever 39." *Love you always, from Bear, Al, Cali Rae, and the rest of the Weous clan.*

Obituary

Patrick Henry (Reynolds) Matrious

Born – 8-13-32

Died – 11-18-2010

Resided in St. Peter, MN

Bernice Grice (Wadena)

Born – 3-29-41

Died – 12-8-2010

Resided in Onamia, MN

Moccasin Telegraph

Millie Benjamin (1945-2009)

Traditional Ojibwe crafts

By Millie Benjamin, Mille Lacs Band Elder

The following article appeared in the May 21, 2003, issue of the Mille Lacs Messenger. *It is being reprinted with the* Messenger's *permission.*

When I was young, my parents lived at Fort Mille Lacs. It was a tourist attraction, and there was an Indian village. We lived there in wigwams. I think that's where I learned a lot of the old crafts. In fact, I tell people I went to "Clark University." They say, I've never heard of that. And I say, "Clark University was my mom and dad, John and Lucy Clark."

My parents made canoes during the summer. They even made the tools they used – they did it the old way. I remember, too, how my mom would get up early in the morning when it was still damp. She'd have us start weaving mats out of bulrushes (which are a kind of plant) because they still had dew on them and were moist and easy to weave. Oh, how I hated to get up in the morning when it was cold! She'd have all of us kids in a line with her at the head and me on the tail end.

We also helped her stretch deer hides to dry and then smoked them. But I never got good at tanning a deer hide. It's really a smelly process where you soak the hide to get the hair out. To avoid that smell, my dad sharpened one of my mom's old butcher knives, and she would shave all the hair off right down to the skin. She'd lean the hide over a chair and hold the other end and shave that hair off.

I always watched her shave the hides, and one day she said, "I think you know how now. But don't cut a hole in it." So I took her knife, and I just barely touched the hide and a hole popped. That was the end of my hide tanning career. She fired me!

When I grew up, I lived with my mom when I became widowed, and later when she became widowed she lived with me. So my kids always had gramma there to keep us on the right track.

Just as she had taught me, she taught my children everything she knew. My children can make birch bark baskets. They know how to make moccasins and dance outfits. They know how to prepare basswood to make basswood dolls. They know a lot of the crafts that aren't practiced anymore.

For instance, my daughters can make bulrush mats like I used to, which is a lost art now. I take the kids out picking bulrushes, and I'm teaching them how to cook the bulrushes. That's the hard part. A weaver could look at a bulrush mat and figure out how it's made – it's just weaving in and out. But it's the preparation of those bulrushes that is special. It's what we must know how to do, and I'm sharing it with my kids right now.

I also take my kids out in the woods to pick nettles because I want to make a net. Nettles are plants that sting and hurt if you touch them. But after the frost, nettles lose their sting. So we go out, even without gloves, and pull nettles out by the root. We let the plant dry, and then we work it so the pulp comes out. All that's left is the skin, which is so strong you can't break it. I swear, if you twisted this and made a little rope, you could probably pull a semitruck!

When my mom died, people started coming to me and asking me the questions they would normally ask her. It was a little frightening, because I was scared I would never be able to fit in my mom's moccasins. But I would just think of my mom and what she'd tell them, and it's not so frightening anymore.

Mille Lacs Indian Museum Hosts Ojibwe Winter Living Workshop

Come join the museum staff for this one day workshop and learn about Ojibwe winter living. We will be discussing topics on surviving winter conditions, winter transportation, and where and how to get food and furs. There will be demonstrations on how to use snowshoes, trapping methods, snaring, and ice fishing. Please dress accordingly as the demonstrations will take place on the museum grounds and Mille Lacs Lake. The class will be held on Saturday, January 15, from noon-4 p.m.

The workshop costs $25 for the general public and $20 for Minnesota Historical Society members and Mille Lacs Band members.

Registration is required by January 12. A minimum of five participants is required for the workshop. Lunch and refreshments will be provided. Please call 320/532-3632 for more information.

Band Youth Hunt Deer with DNR

Photo courtesy of Mike Taylor

Band member Kelly Kegg Jr. looked for deer from his tree stand in Father Hennepin State Park.

Three Mille Lacs Band youth hunted in Father Hennepin State Park this fall as a part of the Mille Lacs Band Department of Natural Resources' Youth Deer Hunts.

Kelly Kegg Jr. hunted on October 30. Although Kelly didn't shoot a deer, a total of seven deer were taken from the park that weekend.

Chaz Pendegayosh and Ross Beaulieu hunted on December 4-5. Chaz saw three deer and took several shots, but didn't harvest any. After the hunt, he said that the best part of the experience was seeing an albino deer in the snow.

Ross harvested three deer during the two-day hunt. Field dressing his deer was his favorite part of the experience.

Correction

Last month, the *Inaajimowin* printed an article about Troy Hill, a Band member mechanic. Since the article has printed his number has changed to 320/384-7299. Thank you.

Free Hearing Evaluations

To schedule an appointment for **Friday, January 14**, at Ne-Ia-Shing Clinic, call 320/532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651/771-4019 or the Osseo office at 763/391-7433.

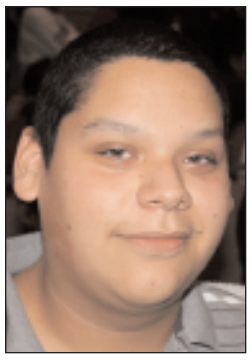
Calendar of Events

January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Purchase Tickets* **Visit a Grand Casino box office, call TicketMaster at 800/745-3000, or visit www.ticketmaster.com	*If you would like an event included in the community calendar,* **please contact Kelly Sam at 651/292-8062** *or write to Kelly at* **kellys@goffhoward.com**		**Narcotics Anonymous** District I Community Center 6-7 p.m. Every Wednesday			1
2	3	4 **Onamia Indian Education Meeting** Rolf Olson Center Noon Contact: David Sam, 320/532-4901	5	6 **Talking Circles** District I Community Center 5:30 p.m. Contact: KC Paulsen, 320/532-4046	7	8 **The Fab Four*** Grand Casino Mille Lacs 2 p.m. & 6 p.m.
9	10 **Pine Grove Leadership Academy Meeting** 5 p.m. Contact: Amiliya Zago, 320/384-7598 **AMVETS Meeting** Grand Casino Mille Lacs, 6 p.m. Contact: Ken Weyaus, 320/309-6925	11 **State of the Band Address** Grand Casino Mille Lacs 10 a.m.	12 **District I Community Meeting** District I Community Center 5:30 p.m. Contact: Judy Virnig, 320/532-7423	13	14	15 **Ojibwe Winter Living Workshop** Mille Lacs Indian Museum 12-4 p.m.
16	17 **All government offices closed for Civil Rights Day**	18 **District II Leadership Academy School Board Meeting** 4 p.m. Contact: Raina Killspotted, 218/768-2345	19 **District III Community Meeting** Grand Casino Hinckley 5:30 p.m., Contact: Katie Draper, 320/384-6240	20 **All District Elder Meeting** Mille Lacs Assisted Living Unit 11 a.m. Contact: Denise Sargent, 320/532-7854	21	22
23	24	25	26 **District IIA Community Meeting** Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320/676-1102	27 **Urban Area Community Meeting** All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson, 612/872-1424 **District II Community Meeting** East Lake Community Center 5:30 p.m., Contact: Jenny Waugh, 218/768-3311	28	29
30	31	February 1	2	3	4	5

"Who is Your Favorite Actor/Actress and Why?"

Ross Pagel



"Denzel Washington because of his role in Training Day.*"*

LouAnn Boyd

"Robert DeNiro because every movie he's in you know will be a good one."

Jaeden King

"Taylor Lautner. He's a werewolf in the Twilight *movies and that's my favorite movie."*

Alberta Losa

"Robert Redford. I like the way he looks. He's very attractive."

Jessica Monroe

"Loretta Lynn. She talks a lot about her family and her struggles in life. She has always made her family her priority. I love her music, too."

Brenda Beaulieu

"Robert DeNiro. He reminds me of my father – he looks a lot like him. And he's been around a lot of years. He plays every role excellently."

Debra Kamimura

"Angela Jolie because she's a humanitarian. Because of her work in poor countries, more people pay attention to what's happening in the world."

Donald Thomas

"Walter Matthau because he's always brought a little bit of humor into whatever role he's played. And he's a lot of fun. "

Photos by Toya Stewart Downey

Band Addresses Homelessness

By Toya Stewart Downey

There's a new initiative underway that promises to address an issue that has long been present in the community – homelessness.

Thanks to a $25,000 grant from the Blandin Foundation, the Band is one of seven Minnesota tribes that is looking for solutions to help end homelessness.

"Tribes need to develop their own plan," said Don Eubanks, Commissioner of Health and Human Services.

"On the reservation, we don't have shelters that people can go to, we don't have bridges that people live under, so what ends up happening is that our people live with their families." said Don. "We have people who are doubled-up in homes, and it's not just a few Band members, it's a lot of our people."

The real work to develop a strategy to address homelessness began formally in October when elected and appointed officials, along with Band employees and others, participated in a two-day retreat.

Their goals were to:

- Develop a mission, vision statement, and guiding principles;
- Describe the unique problems, resources and solutions to end homelessness in the community;
- Develop a guide for future development of housing and services;
- Define the community's homelessness problem; and
- Create an action plan to implement strategies.

Since the October retreat, a handful of other meetings have been held to continue the conversations about homelessness within the Band.

Other meetings are scheduled throughout January, and the final plan is supposed to be presented to the Band Assembly in February.

Vivian Jenkins Nelsen, one of the consultants hired by the Band to help develop the strategic plan, said that it's long been known that there are unique cultural and social issues of homelessness in the American Indian population.

"The work that we're doing is based on the homeless study done by Wilder Research that focused on the American Indian population," said Vivian. "This is the first of its kind in the country and the Band is leading it."

Based on the research, which included 126 interviews with Band members, 273 people were counted as homeless or near homeless. Eight out of 10 respondents were doubled-up and living with relatives."

Some of those who were doubled-up had lived with family members for more than three years, but at times, not in the same household, but in several different homes.

The top three reasons for homelessness include loss of a job or hours, the end of a relationship with a spouse or significant other, and being unable to afford housing.

The study found that there were barriers to finding housing including unemployment, criminal history, or the need for three or more bedrooms.

It also showed that homelessness affects all age groups, males and females, and even those with some college education.

Some people who were homeless were employed, but couldn't afford housing, and many had substance abuse issues or other health problems, according to the findings.

The Bush Administration made early efforts to address homelessness across America, but didn't include rural tribes, Don said. "Tribes needed to be included, or we needed a separate plan," he said. "That didn't happen, so we're developing our own plan to address our unique issues – including this concept of doubling-up."

"We want to use the data we've collected and the plans we're developing as leverage for more money to address our needs," he said.

The federal government's definition of homelessness also needs to be redefined to include doubling-up, Vivian said. "It's incumbent on us to let the feds know our numbers and to make a case for the youth, children, and their families because we need to open doors for funding."

Supportive Housing Unit Opening Soon

A supportive housing unit that will help Band families become more self-sufficient is opening soon. The development, which is located in District I, has 20 units, six of which are three-bedroom units and 14 of which are two-bedroom units.

Each Band family living in the units will develop and follow a plan with a case manager. The plan will address how to overcome barriers to self-sufficiency, such as substance abuse. Band members must remain chemical-free while in the program.

"Self-sufficiency is one of the most important skills a Band member can develop. That's why we are holding people accountable for talking with their case managers and meeting their goals," said Arlene Weous, director of housing.

As a part of their case management plans, Band members will save part of their per capita payments for future expenses, such as rent or utilities. This will help encourage good money management, said Arlene.

Band families can live in the units for up to 24 months.

"We hope that Band members will use this program to overcome barriers and become successful," said Arlene.

Applications for the supportive housing program will be available soon. Arlene is hopeful that the program will begin in February. The *Inaajimowin* will have more updates as they become available.

The Newspaper of the Mille Lacs Band

Ojibwe Inaajimowin

February 2011 "The story as it's told." Volume 13 • Number 2

2011 State of the Band Recap

Toya Stewart Downey

Nay Ah Shing students sang the national anthem. The students included (from left to right) Brandon Wade, Marquis Fisher, Thomas White, Wyatt Oswaldson, Toni Weous, Hevin Shingobe, Meghanne Benjamin, and Chelsea Benjamin.

By Toya Stewart Downey

Chief Executive

The Ojibwe culture tells its people to share and care for one another. It tells its people to help Elders, nurture children, reach out to those in need, and embrace a sense of responsibility for the community. That's why the community – people coming together to make a difference – is one of the Band's most important assets.

This was part of the message that Mille Lacs Band Chief Executive Marge Anderson delivered to a crowd of more than 1,100 people who gathered for the 2011 State of the Band Address on January 11.

"The tribal government has its role. It provides programs and services. It gives Band members tools for success. But the tribal government is not the creator or the center of this community," she said. "Community isn't just a place or a thing. Community is a verb. Community is action."

Marge encouraged Band members to get involved in improving the reservation community and addressing difficult problems such as gangs, violence, drugs and alcohol.

"The government cannot fix these problems. Money can't fix our problems either," she said. "We, the people, need to step in and make a difference. Paying it forward is one of our highest ideals as Ojibwe people."

"We need the Mille Lacs community; not an Ojibwe community in name, but an Ojibwe community in action," Marge continued. "If this doesn't happen, we will cease to be Ojibwe people. We will only be the descendants of Ojibwe people."

Secretary/Treasurer

In his address Secretary Treasurer Curt Kalk provided an overview of the Band Assembly's role – to appropriate money for programs and enact Band laws.

Curt shared some of the Band Assembly's goals, including ensuring that Band members who work on tribally funded projects receive a prevailing wage; that tribal elections are fair; that all Band members have an equal opportunity to run for public office; and that the Band's ethics code related to elected and appointed officials is fair and is followed.

To that end, Curt reminded the audience that his guiding principles were honesty, transparency and accountability.

"I have an open-book policy," he said. "If you have a question, I'll do my very best to answer it for you. If there aren't any answers, then something is wrong."

He pledged to uphold his principles and encouraged Band members to get involved in the process by offering suggestions and participating in Band Assembly meetings. Soon the Band Assembly will hold some of its meetings in the evenings in the outlying reservation districts, so that more community members can attend.

Curt also reminded people that before Grand Casinos existed, it was up to the people to "fix things themselves."

"We need to ask ourselves what we can do better when we go home today," he said. "Everyone needs to try to do a little better. We need to take care of each other. We need unity. We need to put the healing process in front of us."

Chief Justice

Chief Justice Rayna Mattinas told the audience that that the main goal of the Band's tribal court system is to serve Band members in a way that fits Ojibwe customs and culture, while staying within the bounds of the legal system.

She shared that the court met its goal of developing a manual to help court clerks better understand and carry out their roles in accordance with the applicable statues and rules that govern the court system.

The judicial branch was also successful in meeting its goal of developing a judicial page on the Band's website. The page includes links to court forms, brochures, rules, and applications. A goal for the coming year is to add the court's weekly calendar to the website, so that the public has another way to view scheduled cases.

Another goal for 2011 is to update the court rules with a judicial conduct code, attorney discipline procedures, gaming appeal procedures, and election appeals procedures at the appellate level. The judicial branch is also considering implementing a paperless system, in which files are kept electronically.

According to Rayna, the Mille Lacs Band's tribal court heard 1,679 cases in 2010, a 5% reduction from 2009.

To read Marge and Curt's full speeches see pages 3 and 4.

MILLE LACS BAND OF OJIBWE
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Onamia, MN 56359

www.millelacsband.com

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Brad Kalk Becomes Commissioner of Natural Resources

Photo courtesy of the Chief Executive Office

Brad Kalk (right) was sworn in as commissioner of Natural Resources by Chief Justice Rayna Mattinas (left)on January 13.

Mille Lacs Band member Brad Kalk is the Band's new Commissioner of Natural Resources. He is responsible for overseeing the Band's natural resources and environmental programs; forestry, fish and wildlife improvement activities on tribal lands; and other natural resources management duties.

"Advocating for hunting, fishing and gathering traditions has been a constant part of my life, no matter what my career has been," he said. "I am eager to serve the Band in an area that I am so passionate about – preserving and practicing our sovereignty and treaty rights."

As Commissioner of Natural Resources, Brad wants to provide Band members with better, timelier access to hunting and fishing licenses. "Having the ability to exercise our treaty rights is important to Band members. I want to make sure there aren't unnecessary barriers," he said.

Brad believes the first step in making natural resource decisions is to assess how each decision impacts conservation. "Conservation of Mille Lacs Lake and our other resources is always the priority," he said. "Decisions aren't about what we want to do today; they're about the opportunities we want our grandchildren to have."

"I want them to have better ricing and fishing opportunities. I want them to have healthier drinking water and fewer concerns about contaminants," he added.

Brad and his wife of 25 years live in District I; they have six grown children and 11 grandchildren. Brad credits his mother, Loretta Kalk, as the source of his enthusiasm for the outdoors.

Brad is also involved in the community. He has served on the Woodlands National Bank board of directors for the past three years, and previously served on boards for ML Wastewater Management and the Mille Lacs Reservation Housing Authority.

One of Brad's first efforts as Commissioner of Natural Resources has been to work with state officials on setting the 2011 safe harvestable limits for Mille Lacs Lake. He also serves on the board of directors and the lake taskforce for the Great Lakes Indian Fish and Wild Commission (GLIFWC).

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

"The story as it's told."

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Please provide news tips and other information by the 15th of the previous month.

Two Boys & Girls Club Leaders Chosen for Prominent Tribal Program

Photo courtesy of Boys & Girls Club

Justin Beaulieu

Photo courtesy of Boys & Girls Club

Phillip Sam

Justin Beaulieu, director of operations for the Boys & Girls Club of the Mille Lacs Band, and Phillip Sam, the Boys & Girls Club's District 1 coordinator, have been selected to take part in the Bush Foundation Native Nations Rebuilders Program. The program will train participants in tribal nation-building, self-governance, and individual leadership development.

Justin, a Red Lake Band member, and Phillip, a Mille Lacs Band member, are two of the 19 people from Minnesota, North Dakota, and South Dakota who were selected to participate in the 2011-2012 session of the program. These 20 individuals represent 14 of the 23 tribes in those states.

Program participants are expected to bring expertise and commitment to finding sustainable solutions to the tough problems facing Indian Country. They also take part in ongoing activities to share knowledge with their peers and governments, and will develop and implement nation-rebuilding action plans in the second year of the program.

Previous to his Boys & Girls Club role, Justin was in gaming for almost eight years, managing many different departments during his tenure. He also held positions managing youth services for nine counties in central Minnesota, including work to raise awareness of youth homelessness. He has an associate's degree from Central Lakes College and a bachelor's degree in business and marketing from the College of St. Scholastica.

A native of Milaca, Phillip recently completed the Community Leadership Program sponsored by the Blandin Foundation, began a term on the Mille Lacs Area Human Rights Commission, and recruited participants for the Minnesota Indian Youth Freedom Movement. He will graduate in 2011 with a bachelor's degree in business management from St. Cloud State University.

The Bush Foundation strives to help shape vibrant communities by investing in courageous and effective leadership aimed at improving people's wellbeing in Minnesota and the Dakotas.

Boys & Girls Club to Host Open Houses

Come learn more about the Band's new Boys & Girls Club chapters at open houses in each reservation district.

- District I Community Center: Friday, February 4, 7-9 p.m.
- Chiminising Community Center (Isle): Tuesday, February 8, 6-8 p.m.
- District III Community Center: Wednesday, February 9, 5:30-8 p.m.
- District II Community Center (East Lake): Thursday, February 10, 5-8 p.m.

Everyone is welcome to join us for refreshments and games.

If you have any questions, please contact Adrienne Benjamin, administrative assistant for the Boys & Girls Club, at 320-532-4744.

2011 State of the Band Speeches

Chief Executive Marge Anderson

Aaniin. Mr. Speaker, members of the Band Assembly, Madam Chief Justice, Justices, Commissioners, Band members, and guests, I am honored to be with you today.

I am speaking to you as the elected leader of the Mille Lacs Band tribal government. But I am also here as a proud member of the Mille Lacs Band community.

Sometimes we use the words "tribal government" and "community" as though they mean the same thing. We say "the Mille Lacs Band is doing this" or "the Mille Lacs Band is doing that."

But let's talk today about the tribal government and the community as two separate things.

Government has its role. It provides programs and services. It gives Band members tools for success.

But the tribal government is not the creator or the center of this community. A community is made up of people with a uniting quality, living in a particular area. We are individuals, families, neighbors and friends in the circle of life.

Our uniting quality is our Ojibwe culture – a culture that tells us to share and care for one another. It tells us to help our Elders and nurture our children. It tells us to reach out to people in need.

Sharing … Caring … Helping … Nurturing … These ideas are all part of a larger concept to pay it forward.

Paying it forward means doing kind things for someone else. This is one of our highest ideals as Ojibwe people. It compels us to look past ourselves – and instead look at others in our families and community.

Paying it forward doesn't require the government to get us started or keep us going. It only requires ourselves – the people of the Mille Lacs Band. It takes us acknowledging that we are a part of this community, and we are going to do something to truly MAKE this a community.

Community isn't just a place or a thing. It's people coming together to make a difference. It's one person, plus another person, plus another person paying it forward.

Community is a verb. Community is action.

We have seen examples of the community in action in the past year, as some of our Band members have faced their most difficult times. Our sympathies go out to the four Mille Lacs Band families that tragically lost their children.

Many other lives have been lost or deeply impacted by gangs, violence, drugs and alcohol.

This can easily make us feel helpless. We are sad and frustrated, and we want the situation fixed.

But the government cannot fix these problems. Money can't fix our problems either. The government can help … and funding can help. But they are not the answers. And we are kidding ourselves if we believe that we will ever be without problems.

We will always have challenges. Every culture does.

But that's where the community comes in. That's where we, the people, step in and make a difference.

When William Nickaboine disappeared in July, Band members formed a search party. They were the ones who found William.

The members of the search party did all that they could. They put their own life plans aside, and they put another Band family first.

After the deaths of the four Band youth, the community held a feast to help us share our grief and ideas. You, the people, gave your thoughts on what can be done to help young Band members and stop the violence.

Then came the Community Healing Project. The shocking deaths of young people in our community led local Band members to form a support group, where people could come together each week to talk about how to make our reservation a safer, better place.

Carmen Behnkie and Rachel Shaugobay are two of the group's organizers. I want to share what they said in a recent article in the *Inaajimowin*.

Carmen said: "Our government can't fix this, so it is up to us, as community members, to help ourselves … One person can't do it, but maybe a healthy group of caring Mille Lacs Band members can."

Rachel said: "We didn't feel that it was fair to drop our many concerns and complaints off to our elected officials and ask them to fix it. We believe we all need to work together as Mille Lacs Band members to support and help one another."

Mii gwech to Carmen, Rachel, and the dozens of other people who are involved in the Community Healing Project. You are paying it forward. You are sharing the healing that our culture can provide.

This is one of many examples of community involvement to be proud of in the last year.

Our Mille Lacs Band youth helped create a video that we will watch shortly. They share their feelings on gangs, drugs, and the pressures around them. These youth are living proof that despite the problems in our community, we have a lot of great kids. They know what Native pride is, and they aren't afraid to show it. Congratulations to the youth who helped make this video.

We can also be proud of our record enrollment at Nay Ah Shing Lower School. This tells us that more Band members are recognizing that Nay Ah Shing will help start their children down the path to knowing their culture. In turn, this helps us continue to make progress with our language and culture programs, which is critical to sustaining who we are.

Many of you have heard the quote, "Without our language and culture, we are not Ojibwe people. We are only descendants of Ojibwe people."

Mii gwech to all of the Band members who are working to make sure that we remain Ojibwe people, whether it is by sending your children and grandchildren to Nay Ah Shing, getting them involved in our ceremonies and traditions, or teaching them the language.

The Elders have noticed that more young people are coming to our weekend ceremonial dances. We are proud and excited to see this.

Youth: I want you to know that your participation in ceremonies and traditions can help keep you on a healthy path. It can also help you practice the teachings that can make you the keepers of our culture down the road.

We are fortunate to have many cultural keepers with us today, including our warriors. Some of them we keep in our minds and hearts – the Band members who are currently serving in the military. Others are our veterans, who continue to serve our community in other ways. They serve as honor guards at events, they donate their time, and they talk to children about what it means to serve our country. Mii gwech to all of our warriors for building up our community in such positive ways.

The many examples of Band members creating community show that there are opportunities for all of us. The video that we've seen today shows the Mille Lacs community in action. It gives us even more inspiration to make a difference. Mii gwech to Band member Toya Stewart Downey for taking the photos, and to our Nay Ah Shing students for making this video.

Some people might think that community action sounds like a lot of work – a burden.

I promise you it is just the opposite. All of you here who have paid it forward know how energizing it is.

Doing something kind for others is a reward in itself. Sharing your time and ideas creates goodwill that continues building each time someone takes part in a ceremony or speaks at a support group meeting.

Paying it forward is also one of the truest sources of pride. Our Nay Ah Shing students sang a song today called "Proud." Several times they asked, "What have you done today to make you feel proud?"

That's a serious question for us to ask ourselves. It's especially serious because it implies that we should do something every day to make us proud.

That might sound overwhelming when we first hear it. But it makes sense.

Think of it this way: The Ojibwe culture wouldn't be a culture if people only participated in it from time to time. It isn't a culture of convenience. It isn't a culture that exists on its own. We have to practice it every day. We have to nurture it through our actions so that it can nurture us in return.

That's why we need to work on our Native pride every day. The work is hard some days, but on other days it is almost effortless. It can be as simple as bringing a child ricing or to a powwow. Perhaps an Elder needs help shoveling. Or maybe it's picking up litter in your neighborhood.

On the tougher days, it might involve reporting a crime. But as tough as it may be to report someone you know or love, you might be preventing a bigger crime from hurting the whole community.

Doing any of these things is a source of pride. And if we all do our part, we will thrive off the pride that we create for our entire Ojibwe culture.

Our pride and our culture won't erase our problems. But they are exactly what we need to address our problems.

At last year's State of the Band event, I told you that one of our biggest failures has been our inability to provide our kids with a safe, nurturing place to grow. I told you that the Mille Lacs Band government would do everything it could to start changing this.

(Continued to page 4)

State of the Band Speeches

(Continued from page 3)

This year I'm telling you that the government is doing what I said it would do. More importantly, I'm telling you that we need your help.

We need the Mille Lacs community. Not an Ojibwe community in name, but an Ojibwe community in action. A community whose members make a daily habit of sharing, caring, helping and nurturing.

If this doesn't happen, we will cease to be Ojibwe people. We will only be the descendants of Ojibwe people.

So this isn't a State of the Band where I tell you all of the things that your Chief Executive and commissioners are going to do in the next year. The commissioners' directives have been printed out for you so that you know more about what the tribal government will be doing. Much of our work will support Band members and the community.

Just as importantly, I am here today to challenge all of us to keep our community going the way that our ancestors did – by living our culture, practicing it every day, and taking pride in it.

Government cannot do this. Only the people can.

Mii gwech.

Secretary/Treasurer Curt Kalk

Curt delivered prepared remarks. The key points of his speech follow.

- My top priorities as Secretary/Treasurer continue to be honesty, openness and accountability.
- The legislative branch of the government enacts laws, adopts resolutions, and ratifies contracts to move programs forward that benefit the welfare of all Band members.
- The Band needs to create campaign finance laws that ensure fair elections and equal opportunity as people run for office.
- We need an ethics code for elected and appointed officials. This would include following the Band's laws that gifts received need to be reported to the proper branch of government.
- Band members that work on tribal land and tribally funded projects should receive the prevailing wage whether they are working for a subcontractor or a contractor.
- Programs and services are administered through the executive branch of the tribal government.
- The Band Assembly understands that Band members sometimes have serious emergencies. When I get a call from someone who needs help, I refer them to the Band's programs, services or the appropriate commissioner.
- We have nearly 4,300 Band members and a budget of about $140 million a year. In 1984 there were about 1,500 Band members, and we had a $1.4 million budget.
- Even with Grand Casino revenues and higher tribal government budgets, we cannot fix everything. We are just getting started on fixing things.
- Each of us as individuals needs to do better for ourselves. I'm not talking about money. The best times I've had in my life haven't related to how much money I've had. They've involved spending time with family.
- I never want to see a Solicitor General of the Mille Lacs Band with a gun at the government center. The Solicitor General's job is to serve the Band with justice, not a weapon.
- I will ask the Band Assembly to start meeting once a month in the evenings in each district. We hope this will enable more Band members who work during the day to attend our meetings.
- Speaker of the Band Assembly and Secretary/Treasurer are two separate jobs. The first part of my remarks related to my role as Speaker.
- In my role as Secretary/Treasurer, I am putting a new set of eyes on the Office of Management and Budget (OMB) for Band members.
- The legislative branch has an open-book policy for Band members. If you want to see something from the OMB, or if you have questions about something you've seen or need an answer, I will help you find the answer.

* Each year OMB processes about 7,900 purchase orders, 50,000 vendor checks, 42,000 payroll checks, and 48,000 bonus distribution checks. That's not easy.

- All households will receive a series of update letters from me.

Serving on a Mille Lacs Band Board or Committee

By Curt Kalk, Mille Lacs Band Secretary/Treasurer

There are many opportunities for Band members to get involved with the Band's boards and committees. Each department generally has an advisory committee that provides suggestions and oversight. The boards have different membership requirements, most of which can be found in the Band's statues under each department.

Generally, Band members are nominated to serve on boards by the Chief Executive and then the Band Assembly either approves or disapproves their nominations. There are some exceptions in which board members are nominated by other officials and then chosen by the Chief Executive.

Here are a few examples of Band boards, but please note that this is not a complete list of all the boards and committees:

Corporate Commission Board of Directors

Five board members are nominated by the Chief Executive and ratified by the Band Assembly to serve a four-year term on this board. The board supervises the Band's business and investment decisions and oversees Band-owned businesses.

Nay Ah Shing School Board

The school board sets policies for the Band's school programs and employees. The board members, who must be Band members 21 years of age or older, are elected to serve four-year terms.

The Gaming Authority Board

The board is responsible for ensuring that the Band's gaming activities comply with the Indian Gaming Regulatory Act and Band laws. The board has five members who are nominated by the Chief Executive or a Band Assembly member to serve four-year terms.

Housing Board

The board consists of seven Band members who must be at least 18 years old. Each Band Assembly member nominates two people for the board and submits their names to the Chief Executive. The Chief Executive chooses one person from each pair of names to serve on the board. The Chief Executive also nominates two people to the board, and the Band Assembly chooses one. For the final two positions on the board, the Speaker of the Assembly and the Chief Executive nominate two people each and the Band Assembly chooses two of the four nominees for the positions. The Housing Board oversees the Band's housing policies, grants housing loans, and upholds and approves housing programs.

Circle of Health Board

Board members serve three-year terms on this board, which oversees the Circle of Health budget and appeals process. The board consists of seven members, two of whom must have some professional health care experience. Board members are nominated by Band Assembly members and selected by the Chief Executive.

Because each board has different requirements, terms and processes, please contact me at 320-532-4181 for more information about serving on boards and committees.

Appointed Officials Separation of Employment

By Curt Kalk, Mille Lacs Band Secretary/Treasurer

A Band member raised a question recently about the reason why public statements are not made concerning employee departures. Personnel matters often raise sensitive issues that are best handled internally. It is therefore the general policy of the Mille Lacs Band government not to discuss the circumstances surrounding an employee's departure. This policy was created to protect both the Band government and the employee. Thank you for your question!

New Approach Designed to Keep Families Together

By Toya Stewart Downey

The Band's Department of Family Services has a new way of doing business. Instead of telling families what their path needs to be, the department is empowering families to decide what their plans should be.

The program called, "wrap-around service" focuses on the individual family, the needs of the family members, and the strength of the family as a whole. Plans are created that draw from each member's unique strengths, said Suzanne Merrill, one of the department's social workers.

"We lead families to make decisions about their vision for how their families should operate," said Ryan Champagne, the Band's director of family services. "Our job is to give them the resources to meet their vision."

The Department of Family Services works with each family to develop a customized approach to help the family meet its goals of developing and maintaining a healthy lifestyle. Families get involved with the program either by referral or on a voluntary basis.

"We'll offer parent assistance and will work with them one on one, we'll get private tutors, and we'll provide transportation to school events," Ryan said. "The case workers see families every single week, and they help the families rank their goals and develop their vision."

"Some people think the concept is case management, but we call it 'support for the families,'" said Suzanne. "We rely on the community – aunts, uncles, cousins – to help offer the support that the family needs."

Proponents of the wrap-around approach say that the process helps families develop an effective support network while increasing their own sense of competence because they acquire new skills and ways to help their families succeed. It also allows for crisis and safety plans that help minimize fear and uncertainty. Families often feel more hopeful.

A departure from traditional approaches

The wrap-around approach is a departure from the way social services were originally designed, Suzanne said.

"The stereotypical view is that social workers will take the kids and then will tell the families what they need to do to get them back," she said. "But what we want families to know is that we're here to keep their families together. We want to work with families to keep them together."

Challenges

The wrap-around approach is labor-intensive. It is also challenging to educate those who are unfamiliar with the approach, because they were taught a different way of doing social work.

Both Suzanne and Ryan say that not every family wants help or wants to use the wrap-around plan, even though they can benefit from the approach.

"It's hard to change people's perspective," Ryan said. "Some families expect you to solve their problem because, 'that's your job.'"

Eventually, they come around and realize that they are a part of their own success, Suzanne said.

Still, the family services staff is undeterred.

"Our goal is not to be working with families forever," Suzanne said. "We want them to do well on their own, without our help. But we also want them to know that we're always here for them."

Promising results

So far, the results seem promising, Ryan said.

"By using the wrap-around approach, the number of children in home placement has gone down and more children are home with their families," he said. "It makes sense to help families take care of their kids while they're still at home, rather than when they're in a group or foster home."

Part of the success of the program may be due to the Band's Family Services Department tailoring its services to meet the specific needs of American Indians. That means that if a family wants to consult with a medicine man, participate in a sweat, or attend a ceremonial event, they can include that in their family's overall plan.

Families are also enjoying being part of the decision-making. "When they realize it's their plan, they're more apt to do it," Suzanne said.

Joycelyn Shingobe Assumes New Role

Joycelyn Shingobe

By Toya Stewart Downey

Band member Joycelyn Shingobe has assumed a new role as the interim director of the Workforce Center/Department of Labor.

In her new post, she is responsible for administering Temporary Assistance for Needy Families (TANF), the 477 Program, TANF Child Care Program, Summer Youth, General Equivalency Diploma (GED) program, and Adult Employment Services Programs. She will also oversee the management and supervision of all staff within the Workforce Center departments.

"I am looking forward to assisting Band government in the restructuring phase of the newly developed Department of Labor," said Joycelyn. "I enjoy seeing Band members succeed."

In the past year, Joycelyn has focused her attention on her own family and helping them succeed in their education and employment endeavors. Now she wants to focus on the larger community, as she has done in the past during her long history of working with the Band.

Her most recent job with tribal government was GED trainer. Previous to that she was the Band's Commissioner of Education from 2002 to 2009. For four years prior to her job as commissioner, she was a superintendent assistant at the Nay Ah Shing Schools. Joycelyn was also the site manager for the Mille Lacs Indian Museum for more than a decade. She worked for the Minnesota Historical Society for almost 20 years, including her time at the museum. She is also an artist and often makes presentations on American Indian topics.

Joycelyn is passionate about personal and professional growth and wants Band members to strive for a better way of life through education and their careers. That's one of the reasons why she feels like her current job is a good fit for her.

In a 2008 interview, Joycelyn expressed her thoughts about the importance of seeking educational opportunities for Band members who want to be successful in their careers.

"Education is the way to better ourselves and our community," she said. "This is a way up and out of hopelessness. Our ancestors put so much effort into making sure that we had our land and our traditional ways. As a community we need to continue to remember the sacrifices they made by keeping ourselves culturally and educationally strong for our children and grandchildren."

"We need to open up the barriers identified in our TANF program that will help our clients move forward toward being employable," Joycelyn continued. "Our program staff will continue to work towards moving people forward and in a direction that demonstrates positive change."

One of Joycelyn's program goals is to see an active cultural component in the Department of Labor. "I believe that a connection to our spiritual selves helps to guide us as we go through the ups and downs of life."

The most important lesson she has learned along her spiritual path is to respect and cherish Anishinaabe traditions and ceremonies. "I will follow the cultural traditions of my community for the rest of my life," she said.

Carolyn Shaw, Assistant Commissioner of Administration, is thrilled that Joycelyn is leading the Department of Labor. "I'm confident that Joycelyn's previous leadership, knowledge of TANF, and background in education make her a perfect fit for this position," she said. Joycelyn will oversee the day-to-day operations of the department as well as help identify barriers of our clients and the programs and services that will help them overcome those barriers to employment."

Band Assembly recently approved the restructuring of the Workforce Center. This begins with the new "Department of Labor" name. The restructuring is now in the middle stages. Program and job descriptions are being revised to better fit the employment and training needs of Mille Lacs Band members and their families, Carolyn said.

In addition, a revised three-year federal TANF plan was recently approved that allows for more employment and training programs, including a series of work readiness and life skills programs for adults and youth.

"Once the department restructuring is complete, more information about the Department of Labor's new efforts and opportunities will be communicated to community members," Carolyn said.

Internship Opportunities

By Jodell Meyer, Band member development

Band members currently enrolled in college can find paid internships through Internship Credit Experience (ICE). ICE is a Band member development program that has been placing students in internships since 2002.

College students participating in the ICE program will receive:

- Real business experience
- Assignments and projects that will enhance their academic studies
- The opportunity to earn college credits, depending on the student's major and school

The dates of each internship are flexible, but most coincide with the student's summer break. Some internships are available during the school year.

To be eligible for an internship, a student must:

- Be an enrolled Band member
- Be enrolled and actively attending an accredited institution of higher learning
- Meet the academic requirements of the institution for a minimum of one semester
- Meet the academic requirements of the Mille Lacs Band Scholarship Office for a minimum of one semester

Contact information

For internship opportunities, contact the following people:

- Grand Casino Mille Lacs or the District I area: Loretta Hansen (800-746-9805, ext. 8843)
- Grand Casino Hinckley or the outlying area: Salena Fox (800-472-6321, ext. 4872)
- Corporate Commission or small businesses: Jodell Meyer (800-746-9805, ext. 8880)

Grand Casino Hinckley to Host Job Fair in Lake Lena

By Sarah Barten, Grand Casino public relations specialist

Grand Casino Hinckley is hosting a job fair for Mille Lacs Band members at the Lake Lena Community Center on Tuesday, February 15, from 1-4 p.m.

Information on open positions at the Grand National Golf Course, as well as other job openings at Grand Casino Hinckley, will be available at the job fair. Wanetta Thompson, vice president of human resources, and Casey Fahey, director of golf operations, will be on hand to answer employment questions and distribute applications for the open positions.

Mille Lacs Band members are encouraged to apply. If you have any questions, call Vicki Kroschel, director of human resources, at 800-472-6321, ext. 4930, or Wanetta Thompson, vice president of human resources, at 800-472-6321, ext. 4909.

Professional Boxing Returns to Grand Casino Hinckley

By Jim Erickson, executive director of the Department of Athletic Regulation

Live professional boxing is returning to Grand Casino Hinckley on Saturday, February 26.

Phil "The Drill" Williams (11-3-1, 10 KOs) and Caleb "Golden" Truax (16-0-1, 10 KOs) will fight in a rematch of their hotly contested Minnesota State Super Middleweight bout.

Williams and Truax's first bout in April 2010 ended in a draw after 10 rounds. Each fighter believes he won the first time around and is looking to add to his knockout ledger and take the decision out of the judge's hands.

Popular Hinckley boxer Tim Taggart (4-2-2) will go up against Charles Meier (4-1-1) in what promises to be an action packed bout.

Ugandan power-puncher Ismail Muwendo (7-0, 6 KOs), and Minneapolis prospects Jamal James, Tony Lee, and Jonathan Perez will put their undefeated records on the line when they battle at Grand Casino Hinckley.

Doors open at 6:30 p.m., and the first bout starts at 7:30 p.m.

Band Opening Child Support Enforcement Department

Photo courtesy of Grand Casinos

Amy Doyle

By Toya Stewart Downey

There's still an office to fill, staff to hire, and a host of other items that need to happen before opening the doors to the Band's new Tribal Child Support Enforcement Department. But director Amy Doyle, a Leech Lake Band member, is up for the challenge that comes with launching a new venture.

Amy, who assumed her new post on January 24, says this is exactly the kind of work that excites her.

"I'm interested in the organizational piece of this…getting set up, creating, implementing…these are my strengths," said Amy, who earned a bachelor's degree in organizational behavior management from the College of St. Scholastica.

As director, Amy will plan, direct and administer the Band's child support enforcement, which recently received a federal grant.

"I know how counties can be overloaded, and often it takes a long time [for clients] to get answers," she said. "I'm hoping to change that for Band members. And I want our program to be a role model for other tribes."

Amy previously worked for Grand Casinos for 12 years. Most of her time was spent marketing as a community representative, a role in which she served as a public outreach ambassador. Though Amy enjoyed her work, she felt a strong pull to have a greater impact on people's daily lives.

"I have a passion for children, and I know that what happens with them today affects their future, and they are our future," she said.

How Band members will benefit

Once the department is operational, Band members will be able to apply for child support within the community. Other benefits include:

- The Band is in the best position to understand Band members' issues.
- The Band's enforcement methods differ from those of the state. (The Band won't incarcerate people or take away their drivers licenses.)
- In-kind payments would be acceptable if both parties agree to the terms.
- The Band would be able to better locate non-custodial parents, because it may have more accessible resources and better relationships with Band members.

Nay Ah Shing Students Ring Bells for the Salvation Army

Photo courtesy of Bugs Haskin

Nay Ah Shing students rang the Salvation Army Bell in December to collect funds for the less fortunate in the Brainerd Lakes area. Secretary/Treasurer Curt Kalk agreed to match the funds they raised.

During some of the coldest nights in December the group bundled up and rang the bell for a total of nine hours. The students raised a total of $456.34. Salvation Army Major Jeff Strickler met the group at the Mille Lacs Band Government Center where Kalk presented a $500 check that matched the donations.

February Diabetes Class

By diabetes program staff

The next diabetes education group class will be held at the District I Community Center on Thursday, February 24, from 8:30 a.m. to 4 p.m.

The class will cover the following topics: understanding type II diabetes, goal-making for health changes, medications for diabetes, medical care, risk reduction and healthy choices, nutrition and food labels, foot care, resources, and making a follow-up plan.

Lunch will be provided, and participants will have the chance to win door prizes and play blood sugar bingo.

To register, contact Arielle Beaulieu at 320-532-7852. Registrations are due on Tuesday, February 22.

New staff

Mille Lacs Band member Millissa Alger recently joined the diabetes team. She conducts monthly diabetes talking circles in each district and helps with healthy heart classes.

Millissa enjoys her new role with the diabetes team. "I like that I get to meet new people and help community members deal with the life challenge of diabetes," she said.

Millissa has associate degrees from Leech Lake Tribal College and the Institute of American Indian Arts.

February diabetes talking circles will be held on the following dates:

- Isle Community Center: February 2 at 10 a.m.
- Hinckley ALU: February 7 at 9 a.m.
- Aazhoomog Community Center: February 7 at 1 p.m.
- Mille Lacs ALU: February 14 at 1 p.m.
- East Lake Community Center: February 16 at noon

For more information about the talking circles, contact Millissa at 320-532-7712 or millissa.alger@millelacsband.com.

Circle of Health Update

By Circle of Health Staff

Diagnostic tests

We are still having problems with the billing process for radiology tests, including x-rays, MRIs, and CT scans. Even if you present your card during your visit, the information is not passed to the radiology provider or the radiology provider does not assume responsibility to bill secondary payers.

Once you receive the first statement, you must call the billing office to give us your secondary or Circle of Health information. The billing office will ask for the date of the service and the account number. If you receive a second statement, call the billing office again and let us know that you have encountered problems. In our experience, these claims are sent to collections without hesitation.

Annual updates

Thank you to those of you who completed your annual updates at State of the Band. To be included in the gift card drawing, you need to submit copies of the front and back of your insurance cards by Tuesday, February 15. The gift card drawing will be held on Friday, February 18.

Currently all personal reimbursements have the annual Enrollment and Consent to Release Information forms, allowing all Band members to enter into the drawing. If you have not submitted any reimbursement requests and would like to enter the drawing, call our office so we can mail, fax or e-mail you the forms. The forms can also be found on the Mille Lacs Band's website (www.millelacsband.com) under programs and Circle of Health.

Without this information on file, any future reimbursement requests will be put on hold. Beginning in April we will not process reimbursement requests from accounts with hold statuses until we receive the requested information. This information is vital to contacting you, sending letters, and corresponding with providers, insurance companies, and employers on your behalf.

Medicare premium reimbursements

The next processing of Medicare quarterly reimbursements will be the second week of April. If you have not received your reimbursement for the months of January, February and March 2011 contact your benefit coordinator. We may not have received your annual award letter for 2011.

Contact information

Please allow a two- to six-week grace period for reimbursement claims from the date of submission. If you have any questions, please contact David Boyd (A-L), Roberta Lemieux (M-Z), or Michelle Palomaki, director of Circle of Health, at 320-676-8214 or 800-491-6106.

Public Health Updates

Home Care Program

Elder care would like to inform you about what services are available from the Mille Lacs Band Elder Care program. Our program offers at-home care for Elders and/or disabled Band members. We can provide care including homemaking, assistance with personal care, medication assistance and ordering, toenail care, and nail care for diabetics. These are just a few of the services we offer.

If you are interested or know of anyone who could benefit from our services, please contact Jackie Jensen at Mille Lacs Band of Ojibwe Public Health at 320-532-7776 or 320-532-7783.

Women, Infants and Children (WIC)

WIC is a nutrition program that helps eligible pregnant women, new mothers, babies, and children younger than five eat well, learn about nutrition, and stay healthy. The program provides nutrition education and counseling, nutritious foods, and referrals to health and other social services.

For more information, contact Joanne Boyd at 320-532-7821.

Maternal Child Health (MCH)

MCH welcomes Allison Harr, RN PHN as the new MCH coordinator. Her goals are to create new programs and to extend services to outer districts with a focus on prenatal, postpartum and breastfeeding education. MCH continues to provide well child visits that include home safety checks and education. Please contact Allison with any questions or referrals at 320-532-7511.

Community-Based Doula Program

Community members trained as doulas provide physical and emotional support during pregnancy, delivery, and after a baby's birth. These women are advocates for the birth mother and incorporate cultural traditions into the birth experience.

If you are pregnant or know someone who is pregnant and would like to learn more, please contact Kari DiGiovanni at 320-532-7457.

February Healthy Heart Class

The next healthy heart class will be held at the District I Community Center on Tuesday, February 22, at noon.

The class will cover the differences between heart disease in men and women. A healthy meal will be provided.

The Healthy Heart Program holds monthly classes that include cooking demonstrations, motivational speakers, and fun learning experiences for people who are trying to improve their lifestyles and make healthier food choices.

The Healthy Heart Program is designed to help people with diabetes reduce their risk of cardiovascular disease. The goals of the program are to help people lose 7% of their body weight and increase physical activity.

To register for the February class, contact Cyndy Edgerton at 320-532-4163, ext. 7840. Registrations are due on Thursday, February 17.

Gego Zaagaswaaken Video to Air on TV

By Gloria Songetay, Secondhand Smoke Project outreach coordinator

The Secondhand Smoke Project's video, *Gego Zaagaswaaken* (meaning "don't smoke"), will air on Twin Cities Public Television (TPT) on Saturday, February 26, at 8:30 p.m.

The video shares the struggles and triumphs of Mille Lacs Band members and employees who have quit or are quitting smoking. It is an education tool to help people learn about the health risks of commercial tobacco and the effects and dangers of secondhand smoke. The video was part of the Mille Lacs Band Public Health program and wassponsored by ClearWay Minnesota.

I'd like to thank everyone who was involved in making the video. You did an excellent job in your roles. Chi mii gwech!

Weight Loss Challenge Winners

After eight weeks of working out during the Mille Lacs Band's weight loss challenge, hundreds of pounds have been shed across the reservation and the results are in.

Carrie Moras and Miranda Buetel from Hinckley won first place, losing a combined 9.6% of their body weight. Tammie Wickstrom and Sarah Cosgrove won second place, losing a combined 8.5% of their body weight.

Carrie and Miranda each won $500 and Tammie and Sarah won $250 each. Half of their winnings came in the form of a Band gift certificate, which is redeemable at Band-owned businesses.

More than 150 Band members and employees participated in the weight loss challenge, which lasted from October 15 to December 17.

"Congratulations to everyone who participated in the challenge and lost weight. You are all winners," said Jim Ingle, fitness coordinator.

Many participants joined a weightlifting program as a part of their conditioning. "The key to losing weight is to involve as many muscles as you can in a workout," said Jim.

The next fitness challenge, which will have a different goal, will begin sometime in February.

"We want to encourage everyone to participate in the next fitness challenge. The challenges are a fun way to stay fit and active," said Jim.

For more information about the next challenge, contact Jim at 320-532-7840.

Free Hearing Evaluations

To schedule an appointment for **Friday, February 11**, at Ne-Ia-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

How to Rid Houses of Mold

By Richard Hill, housing general manager

Starting this month in the *Inaajimowin*, the Housing Department will provide tips to help community members take better care of their property. This month we have tips about how to deal with mold.

Large mold colonies are dangerous to humans and to the structural health of buildings. Mold thrives in homes made of wood and lined with paper, especially when moisture is present.

Cleaning up mold is relatively easy – just scrub the area with a detergent solution and wear proper protective equipment. Porous materials such as ceiling tiles, sheetrock, or carpet may need to be replaced because they absorb mold.

Once you have cleaned up the mold, identify the source of the moisture. If you don't know how to do that, consult a professional.

Mold sources

Homes that leak water from roofing or that condense water from exterior surfaces or piping have a structural problem. Moisture builds in homes when the roof or pipes leak water or when exterior surfaces or piping condense water.

Sometimes the problem is minor and easy to fix by replacing a gasket, tightening fittings, or replacing new gutters that drain water away from the house. Other problems are less easy to fix and require adding insulation, replacing the roof, or replacing a broken pipe.

Changing some of your household habits or furniture arrangements can also help diminish unwanted moisture sources.

- Don't use a blanket as window insulation; don't place a mattress directly on the floor; and don't install carpeting on an unheated basement slab. These practices cause condensation.
- Use ventilation fans whenever cooking or bathing.
- Increase the speed of fans or open windows to accommodate extra people for in-home gatherings.
- Inspect and fix water leaks from sinks, toilets, and laundry machines.

If you have any questions about how deal with mold, visit the Environmental Protection Agency's Indoor Air Quality website (www.epa.gov/iaq) or contact Richard Hill, housing general manager, at 320-532-7415.

Tribal TANF Meeting

By TANF staff

An orientation meeting regarding the new Tribal TANF Plan will be held at the Grand Casino Mille Lacs Events & Convention Center on Wednesday, February 9, at 10 a.m.

At the meeting, case managers will review the changes in the new Tribal TANF Plan and how these changes will affect participants in Districts I, II and III. Participants will also have the opportunity to ask questions.

A luncheon buffet and refreshments will be served at the meeting. Participants should contact their case managers to set up any necessary child care and transportation.

Letters with information pertaining to the meeting have been mailed. Participants should contact their case manager if they have not received the letter.

The Urban TANF Office will schedule a separate meeting for participants receiving services in the urban area.

Tribal Noteboard

Happy February birthday to:

Jenny on February 3, with love from Kelly, Jay, Kellen, Tracy, Rachel, June, Taya, Noah, Deek, and Wesley • **Antavia Pendegayosh**, 5, with love from Mom, Dad, Ellie, Grandma June, Pap, Auntie Renee, Uncle Steve, Thalia, and Nino • **Corporal Sam (Bone)**, 24, with love from Mom • **Dalow**, from your sister Neesy • **Joshua Nayquonabe**, 9 on February 8, from Auntie Jan and kids, TJ, and Kali • **Keira Sam**, 1 on February 11, from TJ and Kali • **Jalissa Lynn**, 2 on February 15, from Auntie Jan and kids, TJ, and Kali • **Jim Mack**, 50 on February 17, from Jan and kids, TJ, and Kali • **Nikki Sam**, 19 on February 20, from Tiff and Kali Anne • **Nicholas (Fo Realz) Mitchell**, 25 on February 24, from TJ and Kali • **Will Nayquonabe**, 17 on February 25, from Auntie Jan and kids, TJ, and Kali • **Tyler Nayquonabe**, 11 on February 28, from Auntie Jan and kids, TJ, and Kali • **Jordan Nayquonabe**, 4 on February 28, from Auntie Jan and kids, TJ, and Kali • **Lil Nana** on February 17, from Kyla Lynn Gahbow • **Nancy Gahbow** on February 17, with love from Dakota and Bundy • **Bob** on February 17, with love from Kyla, Coda, Bundy, and Nancy • **Isaiah Potter** on February 10, from Aunt Lenore, Tyson, Eva, Jon, Tiffany, Uncle Evan, Susan, and Grandpa Lenny • **Clay Jr.** on February 7, from Lenore, Tyson, Jon, Eva, and Tiffany • **Raina**, from Lenore, Eva, Jon, and Tiffany • **Rosa** on February 26, from Lenore, Tyson, Tiffany, Eva, and Jon • **Tina Sam** on February 7, with love from Mom, Dee, Dulce, Eric, Dana, Tanya Jean, Junior, David, Sarah, Prince, Trinity, Rainy, Jim, Jay, Matty, Niss, Aniyah, Valerie, Waylon, Great Aunt Jean, and the rest of your family • **Ozzio O**. on February 20, with love from Auntie Niss and family • **Doll** on February 12, from your little sister • **Audrey Bonilla** on February 7, from your sister Lulu and family • **Irene Jones** on February 4, with love from Rhonda, DJ, Torry, Josh, Kali, and Baby Noah • **Noah Richard Jones Petite** on February 13, with love from Mom, Dad, brothers and sisters.

Happy February birthday to Mille Lacs Band Elders!

Nancy Arnoux
Laura Ashcroft
Frank Benjamin
Melanie Benjamin
Debra Blake
Judy Carlson
Harry Davis
Bonita Eagle
Douglas Eagle
Eileen Farah
Eugene Garbow
Beverly Graves
Donald Houle
Irene Jones
Conrad Kegg
Maggie Kegg
George LaFave Jr.
Dwight Madison Jr.
Victoria Mitchell
Gilbert Moose
Robin Oswaldson
Alan Pindegayosh
Lawrence Reynolds
Ellen Roth
Bette Sam
Darlene Sam
Gladys Sam
Alvera Smith
Elizabeth St. John
Robert Staples
Audrey Staples
Bernice Sutton
Emma Thomas
Tony Weous
Patrick Weyaus
Marilyn Whitney
Clyde Wind
Dorothy Wistrom

Anniversary

Congratulations to **Alice and Don Olson** for celebrating their 42nd wedding anniversary. *From Dorothy and family*.

Thank you

Thanks to **Patricia Jones** for asking your baby sister to chaperone you on the Elder trip in November. It was an awesome time. Thanks to the Mille Lacs Band as well.

Birth announcements

Congratulations to Tina Sam and Eric Avalos on the birth of their new baby girl. **Dulce Sirena-Marie Avalos** was born on February 8. She weighed 6 lbs., 13 oz., and was 19.5 in. long. She is welcomed home by Mom, Dee, Dana, David, Tanya, Junior, Sarah, Prince, Trin, Jim, Rainy, Jay, Matty, Valerie, Niss, Aniyah, Way Way, Great Aunt Jean, and the rest of your family.

• • •

Photo courtesy of Shannon POrter

Liberty Ella Rose Porter

Congratulations to Freedom and Shannon Porter on the birth of their new baby girl. **Liberty Ella Rose Porter** was born on December 9, 2010. She weighed 6 lbs., 7 oz., and was 20 in. long. Liberty is welcomed by her great-grandfather Tony Weous, Grandmothers Carmen Weous Behnkie and Beverly Sutton, Aunts Allison Porter and Amber Porter, "sisters" Cali Rae Weous and Alexis Porter, and many great-aunts, great-uncles, and cousins. Liberty is named in honor of her great-grandmothers, Elleraine Weous and Rose Hunter Porter.

Special dedication

Young Band member Clara Gahbow wrote the poem below for her uncle, Band Elder Pete Gahbow.

My silly uncle Pete. He has a hard belly and brown skin smile. He has a cologne smelling Viking shirt, oh how I love you. You are the best. He is a mac lover mac cooker. I love it when you sing the side step with the other men. He loves pop and juice and always the Viking you are loud-loveable and a very restful hunter. And a silly-searcher oh how I love you. I feel care-cuddly safe loving and very funny-weird.

In memory

In loving memory of **Joe Sam**. Its been two years since you have been gone, Dad. But until there is a cure, we will just have to remember yesteryear. The jokes, the laughter, and the love and memories we once shared showed your girls just how much you cared. You were brave and a fighter until the end, and when the Creator called, you took his hand and left it all. You taught us well and prepared us for life. We will share with our grandchildren and great-grandchildren the wonderful dad that we once had. We love and miss you, Dad. *From your daughters, Lulu, Audrey, and Kathy*.

• • •

Dedicated to my friend, **Mervel "Tiger" Jones Jr.**

The loss of a loved one is so hard to face, you just want to hide, go somewhere to escape. But death is something we all must go through, I know its hard when its someone you loved and knew. Just know now he's in a better place, no more hurt or pain shall he face. It seems unfair and yes, this is true, but he is in heaven now watching over me and you. The Creator has called him home to rest, and he's being well-taken care of, because the Creator knows best.

On February 21, it will be four years since I have lost my very close friend. Everyday I think of his smiling face. Never putting himself before others, he always had great stories to tell, always made me laugh to help sheer me up when I was down. Coffee and a cigarette in the morning with a good story to listen to, was what I looked forward to every time I woke up. Never would have thought I'd miss him this much. Now that he is gone, what am I to do but dwell in the past of the great memories we had. Not a day goes by that I don't thin of him. Until we meet again (and I'm sure we will) I try to keep smiling and to keep on going forward. May 6, 1956-February 21, 2007. *Submitted by Stacy Boyd*.

Obituaries

John (Jack) Leonard Sam
Born – 8-3-1949
Died – 12-21-2010
Resided in Isle, MN

Bruce Alvin Martin (Benjamin)
Born – 1-6-1952
Died – 12-25-2010
Resided in Sandstone, MN

Nancy Jeanne Gisch
Born – 10-31-2010
Died – 12-28-2010
Resided in South St. Paul, MN

Upcoming Events at the Mille Lacs Indian Museum

Storybook reading and kids crafts

Come to the Mille Lacs Indian Museum on Saturday, February 5, to listen to museum staff read from storybooks from noon to 2 p.m. From 2-4 p.m., kids will learn how to put together a corn husk doll.

The reading is free, and the cost for the corn husk doll kit is $6. Please allow an hour to make the craft.

Ojibwe mitten workshop

Come learn techniques of working with leather at this two-day workshop, and create a pair of authentic Ojibwe-style mittens to take home. The class will be held on Saturday, February 19, from noon-4 p.m. and Sunday, February 20, from 10 a.m.-2 p.m.

The workshop costs $50 for the general public and $45 for Minnesota Historical Society members and Mille Lacs Band members, plus an additional $25 supply fee.

Registration is required by February 16. A minimum of five participants is required for the workshop. Lunch and refreshments will be provided. Please call 320-532-3632 for more information.

Spring 2011 Ceremonial Dance Dates

- Merlin & Mick, Mille Lacs, April 1-2
- Vince & Dale, East Lake, April 8-9
- Ralph & Andy, Mille Lacs, April 15-16
- Dave & Skip, Lake Lena, April 22-23
- Lee & Larry, Lake Lena, April 29-30
- Ole & Elmer, Mille Lacs, May 6-7
- Joe & Reginald, Mille Lacs, May 13-14
- Tim & Tom, East Lake, May 20-21
- Niib & Mushkooub, East Lake, May 27-28
- Lynda & Joyce, Mille Lacs, June 3-4
- Melvin & Perry, Mille Lacs, TBD

Band Members Create Traditional Ceremonial Drumsticks

Toya Stewart Downey

Band member Adrian Bugg helped create the sticks.

By Toya Stewart Downey

Pete Gahbow has been a part of the drum since he was a child so he knows firsthand what it's like to partake in the drum ceremonies that are the heartbeat of Anishinaabe people.

He knows the importance of the songs that serve as prayers of the people and that without the drum, the songs are meaningless.

That's why when it came time to replace the drumsticks that he and other drummers had used for many years, Pete made it his mission to do so.

"It was a big learning process for me," he said. "I found out the traditional way by talking to the Elders. They told me that we needed to use white oak instead of white ash which I tried two years ago."

He began making new drumsticks with help from his sons, brother, and other Band members who were a part of the Band's Day Labor Program.

The program paid the wages of the men as they embarked on the fulfilling journey of creating the 130 drumsticks – 15 for each drum – that would be used in the fall for the Ceremonial Drums.

Creating the drumsticks

The workers created the drumsticks in Pete's garage using an assembly line. Each worker took ownership of one part of the process.

The workers started by cutting down a tree, dividing the tree into logs, and whittling the wood down to sticks that could then be filed and shaped to create the drumsticks.

Initially they made each stick using traditional methods and would start with a piece of wood that was 2 inches by 3 inches thick. Then they'd whittle the stick down to half the diameter and then to 5/8 of the diameter. Finally, they would sand the stick into the drumstick, explained Erik Gahbow, who worked on the project as a contractor.

Each stick took a few days to make until the group got more powerful equipment. Education Commissioner Dennis Olson paid for the electric tools that the men used to speed up the process to about five hours per stick.

After the sticks were filed and sanded down to the appropriate size, Pete added cloth to the handles and coated the wood with bear grease given by a Band Elder.

A spiritual experience

Daniel Pewaush, who worked on the project through the Day Labor Program, said while the work was especially challenging before getting the new tools, it was important to him to be a part of the process.

"It meant a lot for me to do this," Daniel said. "It's helped me connect with my culture, and I've learned a lot. What is most important to me is that we helped preserve our culture by making the drumsticks that are used for the ceremonial drums."

"It would be easy to find fiberglass sticks, but what some people may not know is that these sticks for our drums must come from Mother Earth," Daniel added.

While creating drumsticks, Adrian Bugg reconnected to the cultural practices that he had drifted away from.

"I have respect for the drum and the culture, so it was a privilege to make the sticks," he said. "I actually went to ceremonial powwows, and it felt good to get back in touch with that. It felt good to sing again. I even have my son singing around the house."

The workers were conscious about keeping their spirits positive while working since Elders told them they must put good energy into their work while creating the sticks.

Erik said that the men were dedicated to their work and that their work will continue to impact the community for many years to come as they participate in the ceremonies.

"When you make the sticks, they're a part of you," he said.

Before gifting the sticks to the drums, they held a small feast to make the sticks a part of each drum. The men received gifts for the sticks but were not paid for them.

"We are now getting requests from other communities, like White Earth, to make sticks for their drums," Pete said. They've also received accolades from the drummers who used the sticks during the fall ceremonials.

"Making sticks is an art that has been forgotten for two generations," said Erik. "These guys figured out how to do it, and they even figured out how to use the knots in the wood for handles."

Toya Stewart Downey

Pete Gahbow (left), Erik Gahbow (middle), and Adrian Bugg (right) were part of the crew that helped create the drumsticks.

Calendar of Events

February 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Purchase Tickets* **Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com	*If you would like an event included in the community calendar,* **please contact Kelly Sam at 651-292-8062** *or write to Kelly at* **kelly@goffpublic.com**	1	2 **Narcotics Anonymous** District I Community Center 6-7 p.m. Every Wednesday **District I Community Meeting** District I Community Center 5:30 p.m. Contact: Judy Virnig, 320-532-7423	3 **Talking Circles** District I Community Center 5:30 p.m. Contact: KC Paulsen, 320-532-4046	4 **Boys & Girls Club Open House** District I Community Center 7-9 p.m. Contact: Adrienne Benjamin, 320-532-4744	5 **Storybook Reading** Mille Lacs Indian Museum 12-2 p.m. **Corn Husk Doll Making Workshop** Mille Lacs Indian Museum 2-4 p.m.
6	7 **Pine Grove Leadership Academy Meeting** 5 p.m. Contact: Amiliya Zago, 320-384-7598 **AMVETS Meeting** Grand Casino Mille Lacs, 6 p.m. Contact: Ken Weyaus, 320-309-6925	8 **Boys & Girls Club Open House** Chiminising Community Center 6-8 p.m. Contact: Adrienne Benjamin, 320-532-4744 **District II Leadership Academy School Board Meeting** 4 p.m., Contact: Raina Killspotted, 218-768-2345 **Job Fair** Lake Lena Community Center 1-4 p.m.	9 **Boys & Girls Club Open House** Lake Lena Community Center 5:30-8 p.m., Contact: Adrienne Benjamin, 320-532-4744	10 **Boys & Girls Club Open House** East Lake Community Center 5-8 p.m. Contact: Adrienne Benjamin, 320-532-4744	11	12 **Arctic Blast** Grand Casino Mille Lacs 9 a.m.
13	14	15	16 **District III Community Meeting** Grand Casino Hinckley 5:30 p.m. Contact: Katie Draper, 320-384-6240	17 **Talking Circles** District I Community Center 5:30 p.m. Contact: KC Paulsen, 320-532-4046 **Urban Area Community Meeting** All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson, 612-872-1424 **District II Community Meeting** East Lake Community Center 5:30 p.m. Contact: Jenny Waugh, 218-768-3311	18	19 **Hank and My Honky Tonk Friends*** Grand Casino Mille Lacs 2 p.m. & 6 p.m. **Ojibwe Mitten Workshop** Mille Lacs Indian Museum 12-4 p.m.
20 **Ojibwe Mitten Workshop** Mille Lacs Indian Museum 10 a.m.-2 p.m.	21 **All government offices closed for Chief's Day**	22	23 **District IIA Community Meeting** Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320-676-1102	24	25	26 **Professional Boxing** Grand Casino Hinckley 7:30 p.m.
27	28	March 1	2	3	4	5
6	7	8	9	10	11	12

"What Is Your Dream Vacation?"

Carmen Behnkie

"It has always been Hawaii."

Terry Smith

"Hawaii."

Allison Porter

"The Atlantis Resort in the Bahamas."

Jo Denise Nickaboine

"The Fiji Islands."

Arlene Weous

"Nashville."

Jericho Fisher

"Australia. It looks like a beautiful place, and there are so many beautiful animals."

Bugs Haskin

"Ireland, because of Bono. Of course, I'll be there and he'll be here headlining at the casino."

Dawne Stewart

"Hawaii, because I've heard it's one of the best places to vacation – it's beautiful and the food is great. "

Photos by Toya Stewart Downey

Band Partners with Central Lakes College on Education Initiatives

Photo courtesy of Central Lakes College

Chief Executive Marge Anderson told Central Lakes College employees at a diversity workshop that she anticipates "changing the face of education in Central Minnesota" through initiatives developed in partnership with Central Lakes College.

Central Lakes College and the Mille Lacs Band of Ojibwe celebrated their higher education collaboration as part of a day-long event in Brainerd on January 6. In partnership with the Band's Mille Lacs Tribal College, Central Lakes College has earmarked more classes and support services for Mille Lacs Band members.

"Across the state of Minnesota, the graduation rate for American Indian high school students is 41 percent," said Chief Executive Marge Anderson in her address to Central Lakes College employees. "Finally, we have partners at the table who not only take notice of the crisis in education in Indian Country – we have you in the circle with us."

Marge said the collaboration is "about changing the face of education in central Minnesota," especially for tribal students. She expressed support for initiatives such as an American Indian nursing program, a stronger Indian studies program, a spring powwow or dance exhibition, and an American Indian education summit near Brainerd.

"Together we can build self-sufficiency and pass the value of cultural and Western education on to the next generations," she concluded.

Marge's speech was part of a workshop for Central Lakes College faculty and staff. In addition to a college diversity update, workshop topics included "working with and engaging American Indian learners" and "building pathways to success for students of color and low-income youth." The event began with a performance by the Nay Ah Shing drum group and honor songs introduced by Jack Kingbird, Ojibwe language and culture instructor.

Governor Dayton Supports Gaming Expansion

By Jamie Edwards, government affairs coordinator/state

With the Minnesota Legislature convening on January 4, the political landscape now looks much different than it did last year. Republicans control the Senate and the House of Representatives, and the DFL controls the Governor's office and executive branch – a complete reversal from the past eight years. This legislative session will be challenging as lawmakers try to solve a $6.2 billion projected budget deficit for the next two years.

Governor Mark Dayton has already announced his support for gaming expansion. Dayton recently reaffirmed his support of a state-owned and operated casino at the Mall of America, the airport, or downtown Minneapolis. He believes the state would derive maximum financial benefit from these locations.

There have also been serious talks about a proposal to add slot machines at Canterbury Park in the south metro and Running Aces in the north metro. Another potential proposal would add slots to bars across the state. Finally, the deflated Metrodome and constant threat of the Vikings leaving Minnesota continue to add fuel to the fire to find "easy" revenues from some form of gaming expansion.

A few private businesspeople would profit the most from new gaming ventures, and the remaining revenues would fund a small portion of future state budgets.

What's at stake?

The gaming industry in Minnesota is saturated, meaning that the number of gamblers would not increase if more casinos enter the market. As a result, any jobs created by a new state-owned casino in the Twin Cities would replace existing casino jobs in greater Minnesota. That would put some of the 3,000 jobs at Grand Casino Mille Lacs and Grand Casino Hinckley in jeopardy. The Mille Lacs Band is meeting with legislators to educate them about the economic value that Grand Casinos bring to East Central Minnesota and working aggressively to defeat any proposals that would injure casino employees and the Band.

Get involved

As the state considers gaming expansion as a way to help solve its budget deficit, the Band is uniting with its members, employees, vendors, neighbors and friends to help protect our region's economy.

You can get involved at the Mille Lacs Band Action Center on the Band's website (www.millelacsband.com). Once you sign up, you will receive updates on the status of gaming expansion discussions in the Minnesota Legislature and might be asked to voice your opinions to your legislators at key times.

The Newspaper of the Mille Lacs Band

Ojibwe Inaajimowin

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Vikings Donate to Band Youth

Chief Executive Marge Anderson, Assistant Commissioner of Administration and Commissioner of Natural Resources Bradley Kalk with past and present Vikings players.

By Toya Stewart Downey

This year marked the 16th winter that the Mille Lacs Band and the Minnesota Vikings teamed up for the annual Arctic Blast Snowmobile Rally.

The event, held February 12-13 in District I, drew dozens of participants and provided a plethora of family fun such as football games, face-painting, interactive games, and opportunities to meet and mingle with present and former Viking's players and cheerleaders.

Participants also had an opportunity to win approximately $30,000 in prizes.

Another highlight of the event included a $2,500 donation to the Band's Chief Executive Office youth fundraiser from the Vikings Childrens Fund.

Mille Lacs Band Chief Executive Marge Anderson said the longstanding relationship between the Band and the Minnesota Vikings and its players has been beneficial for all involved. She especially praised former player, Joey Browner, for his contribution to the Band's youth program.

"Thanks in part to Joey Browner's longtime support of the Community Youth Foundation, we have been able to provide meaningful opportunities for our youth to learn more about the Ojibwe language and culture," Marge said.

Joey Browner established his foundation in 2009 as a way to encourage the development of intellectual and physical well-being.

The foundation provides grants and scholarships to those who demonstrate desires to benefit society as well as for those who want to explore personal growth.

Elders and students from the Nay Ah Shing School also had an opportunity to interact with the Vikings players.

Students from the school's business program got involved in the visit by taking photos of the Elders with former players during a fundraiser breakfast at the Assisted Living Unit.

One dollar from each breakfast purchase was donated to the Mille Lacs Band Chief Executive Office youth fundraiser. The event also supported the Vikings Children's Fund.

Governor Dayton Proposes Budget

Governor Mark Dayton announced a $37 billion budget proposal that would shave more than half of the state's $6.2 billion deficit over the next two years by increasing income taxes on the wealthiest Minnesotans. The tax increase would affect only 5% of Minnesotans. Overall, Dayton's budget would raise more than $4 billion in revenue while making $950 million in permanent cuts.

Mini-casinos proposed

Some legislators who feel uneasy about supporting tax increases might look to gaming as a way to fix the budget deficit. Two proposals for neighborhood mini-casinos have already been introduced in the Legislature:

- The first proposal would authorize video lottery terminals in current lottery retail establishments that would be run through the Minnesota Lottery. Net revenue from this proposal would go to the state's general fund.
- The second proposal would allow electronic linked bingo, electronic pull-tabs, and video lottery terminals in retail establishments that have beer or liquor licenses.

Experts speculate that some legislators are waiting to propose divisive policy bills, such as additional gaming expansion bills, until after the finance deadline at the end of March. Grand Casino Mille Lacs and Grand Casino Hinckley could lose significant revenues if gaming expands.

Take action

To show your support for the economic vitality that Grand Casinos and the Mille Lacs Band bring to East Central Minnesota, visit the Mille Lacs Band Action Center on the Band's website (www.millelacsband.com).

At the Action Center, you can sign up to receive updates on the status of gaming expansion discussions in the Minnesota Legislature and voice your opinions to your legislators.

Ojibwemowin

March is Onabani giizis (walk on top of snow moon). It is also time to Nando ta wik binay she yag gay be do jig ziigwan (listen for the birds who will bring the spring)!

Editor's note: The Elders used to talk about this time of year, of hearing a bird or birds – usually a crow – not heard of for a while and, as they step outside, would say, "Ahn day gwag day go shin awad me ni se gwang!" which means "When the crows get here, spring is here!" Or they would say, "Me a zhi gwa wa ba ni shi yung" which means "We're through the dark (time) and we are getting into another season" – as in the dawn of summer or into light of a new day or time.

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Names and Faces

Carla Big Bear

Photo courtesy of the Chief Executive Office

Band member Carla Big Bear is spending this semester in Washington, D.C., learning firsthand how the American political system works. As part of the Native American Political Leadership Program (NAPLP), she is taking classes at George Washington University, participating in hands-on internships, interacting with policy makers, and learning how public policy issues affect Native American communities.

Carla also shadowed Chief Executive Marge Anderson when Marge traveled to Washington. They attended the National Congress of American Indians' State of Indian Nations address and met NCAI President Jefferson Keel after the event. (See above photo.)

Dr. Arne Vainio

Photo courtesy of Ivy Vainio

Dr. Arne Vainio (left) recently received the 2011 Mark Rathke, M.D., Medical Leadership Award from the Arrowhead Emergency Medical Services (EMS) Association during its annual conference. A Mille Lacs Band member, Dr. Vainio serves patients on the Fond du Lac Reservation and has served as a firefighter/paramedic with the Virginia (MN) Fire Department. He was nominated for the award by Monte Fronk (right), emergency management coordinator for the Mille Lacs Band and member of the Arrowhead EMS Association. U.S. Senator Al Franken spoke at the awards ceremony.

Dr. Vainio also read his first published story recently at *The Country Doctor Revisited* book reading at the University of Minnesota-Duluth Medical School. He is one of several authors who contributed stories or poems to the anthology. His son, Band member Jacob Vainio, gave his first public piano performance at the event.

Molly Judkins

Band member Molly Judkins began serving a four-year term on the Minnesota American Indian Chamber of Commerce board of directors in January. Chief Executive Marge Anderson nominated her for the position.

Molly plans to get involved in several fundraising and public relations roles, and hopes to increase membership. She is excited to represent the Band as it promotes American Indian businesses and communities.

Dirty Moccasin Crew

The Dirty Moccasin Crew, which is made up of Mille Lacs Band members Ryan O'Brien, Gordy Davis, Shorty Buff, and Jon Buchanan as well as, Caleb Edmond, and DJ Pseudnym, will perform at Froggy's Bar in Pine City on March 5 at 8 p.m. The event, which is 21+ and costs $5, will also feature live performances from Quake Jones, HomeGrown, and Shorty Buff.

Band Explores New Financing Option for Band Members

By Toya Stewart Downey

The Mille Lacs Band is exploring an option that could bring a new source of financing to Band members through a program whose mission is to serve markets that are typically underserved by traditional financial institutions.

"The tribe is looking at starting its own Community Development Financial Institution (CDFI) so that we can promote other options for lending that we don't currently have available," said Commissioner of Community Development Sam Moose.

One of the reasons the Band is exploring this option is because CDFIs can provide a unique range of financial services and products and can give the Band more leeway in providing different types of loans to Band members, Sam said.

"By having a CDFI, we could look at micro-lending options for someone who might have trouble going through the traditional banking system," he added. "There are potential gaps in services as well as opportunities for lending that we see. A CDFI could close those gaps."

For example, if a Band member wants to start a business and needs a small loan, he or she could apply through the CDFI rather than through a bank or other lender.

The Band would oversee the program and a board of directors would be responsible for establishing lending guidelines that meet the requirements of operating a CDFI.

The Band is in the preliminary stages, but is currently working with a group that has helped other tribes start CDFIs through a program designed specifically for Native Americans, called the Native American CDFI.

"We are in the beginning of this process. We wrote a grant and submitted it, and we got a resolution to move forward," Sam said. "It doesn't mean we'll get a CDFI, but we are exploring the idea."

Volunteers needed

The Band is seeking volunteers who can be a part of the steering committee and can oversee the process of developing a CDFI. The steering committee would identify potential lending opportunities and could help tailor them to fit the needs of the community.

Those who are interested in serving on the committee should have a background in one or more of the following areas:

- Financial institutions/lending
- Public relations/ marketing/fundraising
- Legal services
- Social justice/human services
- Small to large businesses
- Government sector
- Community sector

Those who are interested in applying to serve as a volunteer should contact Sam Moose at 320-532-7508.

Native Vote Alliance Recognizes the Mille Lacs Band

The Native Vote Alliance of Minnesota (NVAM) honored the Mille Lacs Band for its years of commitment to the organization's mission of empowering and mobilizing Native people. The Band recently donated $50,000 to the organization to support its nonpartisan programs. Sam Moose, Commissioner of Community Development, accepted the award on behalf of the Band.

NVAM also recognized the Minnesota Chippewa Tribe for its support of the organization.

Spring Per Capita Check Distribution

Per capita checks will be distributed to all eligible Mille Lacs Band members on **April 7** at each Band member's home district. This distribution will include all adult Band members. **Reminder: checks will be given only to the person whose name is listed on the check.**

Pick-up locations

Elders, handicapped and homebound persons living in District I, II, IIA, III and the Twin Cities urban area can pick up their per capita checks on **April 7**. The distribution sites for Elders include the District I Assisted Living Unit, the East Lake Community Center, the Isle Chiminising Community Center, the Lake Lena Community Center, and the Urban Office. Hours are 8 a.m.-4:30 p.m.

If you are an Elder or handicapped person, live in Districts I, II, IIA, III, or the Twin Cities, and are unable to travel to your distribution site, please call the contact person below to make arrangements for your check to be delivered to you on April 7.

- District I: Kathy Heyer, 320-532-7472 or Jana Sam, 320-532-7466
- District II: Renee Moore, 218-768-3311 or 877-768-3311
- District IIA: Carmen Green, 320-676-1102 or 877-676-1299
- District III: Michelle Peer, 320-384-6240 or 877-884-6240
- Urban Office: Barb Benjamin-Robertson, 612-872-1424

Check pick-up sites will be at the following centers, depending on where you live:

Mille Lacs Government Center

For Band members living in Aitkin, Brainerd, Garrison, Hillman, Milaca, Onamia, Pierz and Wahkon.

East Lake Community Center

For Band members living in McGregor.

Isle Chiminising Community Center

For Band members living in Isle.

Lake Lena Community Center

For Band members living in Askov, Braham, Brook Park, Danbury, Finlayson, Grasston, Hayward, Hertel, Hinckley, Markville, Moose Lake, Mora, Pine City, Rush City, Rutledge, Sandstone, Siren, Sturgeon Lake, Webb Lake, Webster, and Willow River.

Urban Office

For Band members living in Andover, Anoka, Apply Valley, Arlington, Blaine, Bloomington, Brooklyn Center, Brooklyn Park, Burnsville, Champlin, Columbia Heights, Coon Rapids, Crystal, Eagan, Eden Prairie, Edina, Fridley, Golden Valley, Ham Lake, Hilltop, Hopkins, Inver Grove Heights, Lakeville, Lauderdale, Little Canada, Maple Grove, Maplewood, Minneapolis, Minnetonka, Mounds View, Newport, New Brighton, New Hope, Oakdale, Plymouth, Ramsey, Richfield, Robbinsdale, Roseville, Savage, Spring Lake Park, St. Anthony, South St. Paul, St. Louis Park, St. Paul, Wayzata, and Woodbury.

For all Band members who do not live in the towns/cities listed above, per capita checks will be held at the Mille Lacs Government Center unless you make arrangements for pick-up at one of the other districts. To make arrangements, call the contact people listed earlier under "Pick-up locations."

The deadline for changing your pick-up site is noon on **April 1, 2011**. Any changes after this time will not be valid. Call Kathy Heyer at 320-532-7472 or Jana Sam at 320-532-7466 to verify your change. There will be no exceptions.

Checks by certified mail

Those who can't pick up their checks on the dates listed will have their checks sent out by certified mail on **April 8, 2011,** to the address listed with the Tribal Enrollments Office. If you do not receive your check by **April 29, 2011**, contact Kathy Heyer at 320-532-7472 or Jana Sam at 320-532-7466.

Address and name changes

If your address or name has changed since the last per capita payment, it is very important that you send in your information to the Enrollments Office. The deadline for address and name changes is noon on **March 28, 2011**. There will be no exceptions.

All returned checks will be held at the government center and will not be sent out again until the Enrollments Office has received your updated address or name information.

Other important information

- You must show a picture identification to receive your per capita check.
- Per capita checks will only be given to the enrolled Band member to whom the check is issued. There will be no exceptions.
- Per capita checks will be used to pay delinquent Band loans, discretionary loans, Emergency Services loans, or Mille Lacs Band Court of Central Jurisdiction fines if they have not been paid. For loan status, call Pam Boyd at 320-532-7467. For court fines status, call Gilda Burr at 320-532-7401. For emergency services status, call Pat Charleson at 320-532-2552.
- Per capita checks are taxable; therefore, all Band members who receive a per capita check should report it as income in the year received. You will receive a 1099-MISC form to remind you of how much income you should report on your tax return. Per capita checks should be reported on Form 1040 as "other income not subject to self employment tax." All future 2011 per capita checks will have federal income tax withheld as the amount of the per capita checks now exceeds the IRS required withholding limits for 2011.
- If you are receiving public assistance from the county, please contact your caseworker because the per capita check may affect the amount you receive. If, based on discussions with your caseworker, you wish to decline receipt of your per capita check(s), please contact Kathy Heyer in the OMB office at 320-532-7472 to get a per capita declination form.

Circle of Health Update

By Circle of Health staff

Private coverage

If you have attained health coverage from an employer or any other coverage, it is important to contact your claims processor to inform him or her of the effective date right away.

Private coverage plans paid on your behalf are expensive, and in most cases our office is unable to retrieve any premiums made back to the new coverage's effective date. The result is that two plans were paid on your behalf, so if a submission is made to reimburse premiums, it will be denied.

Annual updates/Circle of Health cards

We have received many updates this year, and the names of those we received by February 15 were entered into our drawing for a $50 and a $25 gift card. Our forms have been updated, and we now can receive your forms by fax or e-mail.

If you need new Circle of Health cards, please send us completed forms and copies of the front and back of your insurance cards. There is an area to indicate that you need new cards halfway down the enrollment form. If you have already sent in your enrollment form and would like new cards, call your claims processor.

As always, please show your Circle of Health program card at every visit. If you get a diagnostic test, you will need to wait until you receive the statement, call the 800 number on the statement, and provide your Circle of Health information. It is not the responsibility of the original provider or physician to ensure that this information was provided to the outside source if X-rays, MRIs, or any other scans are referred.

Contact information

Please allow a two- to six-week grace period for reimbursement claims from the date of submission. If you have any questions, please contact David Boyd (A-L), Roberta Lemieux (M-Z), or Michele Palomaki, director of Circle of Health, at 320-676-8214 or 800-491-6106.

Clinics Implement Electronic Medical Records

By Toya Stewart Downey

Full conversion required by 2014

Walking into any doctor's office, it's become commonplace to see computers in the examination room. The same holds true at the clinics operated by the Band. As of July 2011, a system that records medical files will be fully functioning.

"It will provide us a more complete medical history, it will be faster to find and view a patient's records, and it can be viewed by health care providers anywhere a patient gets service," said Dr. Salina Rizvi, the Band's health director.

The Band's health care providers have been integrating the electronic system into their daily practices for more than a year by adding data such as immunization information, height, weight, and blood pressure statistics. A federal mandate requires all medical providers to fully convert their patient records to an electronic system by 2014, according to Louise Sather, the registered health information administrator (RHIA) and Band's clinical applications coordinator.

"Medical records will be kept for the span of someone's life and beyond," Louise said. "And they're completely confidential, because they're kept on a secure server, not on a particular workstation."

That means the only people with access to a patient's information are the caregivers they're working with. It also means that records from different departments – such as dental, optometry, mental health, and the pharmacy – can be viewed in one place so that medical providers can coordinate care, if necessary.

"Medical providers can input the reason for the visit, see the lab work that was done, and see all the medications a patient is taking," Louise said. "They can also graph information such as weight loss goals or glucose readings so that patients can see their progress."

There's also a place where caregivers can record notes about reproductive health or if a patient has substance abuse issues or other health-related problems.

"Everything that's needed for complete care is in the electronic record," Louise said.

Currently the Band's medical departments have separate systems, but they expect to connect the software in the future.

The system will also be connected to the East Lake Clinic and later, Lake Lena. One challenge in Lake Lena is that the Internet connection is spotty, which could present problems with the server.

"Patients who have been to the clinics are used to seeing us do this, so they're aware of the changes we've been making. But they may not know how much it will benefit them," Salina said.

Bulgarians Tour the Mille Lacs Reservation

Photo courtesy of Elizabeth Scott

Chief Executive Marge Anderson met with visitors from Bulgaria in February. The Bulgarian visitors toured the reservation to learn more about the Band's culture and government.

Community Development Urges More Accountability From Renters

By Toya Stewart Downey

Last year, the Community Development Department asked residents who live in Band-owned properties to study their leases, comply with regulations, and recertify their rental applications.

Because some renters have not followed, the department is taking a tougher stance on those who aren't following the rules – even going as far as evicting tenants, said Arlene Weous, the Band's housing director.

Rental payments

One of the biggest issues that the department confronts is getting people to pay their rent.

"In the past, we haven't forced our tenants to pay rent on time or at all," she said. "This year, we're making it a priority to bring our rental collections up to date."

In order to comply with the Housing and Urban Development program (HUD), the Band must collect rent on the properties that were funded through the federal program. The Band has 114 HUD homes in the three districts.

If the Band doesn't comply with the rules of the federal program, then it also risks having to repay some of the funds it was given for its housing program.

"Evicting someone is the last thing we want to do, but if people don't comply with their leases, which say they must pay their rent, then we don't have a choice," Arlene said.

During a careful examiniation of rental records, the department has discovered that some renters haven't paid their rent for months or even years.

The department is in the process of determining which tenants have outstanding rent and how much it is. They're also looking at the amount that each renter might owe due to property damages. (Renters are held liable for damages to Band properties.)

In the past, there wasn't a system in place to determine who was paying rent, but now there is, thanks to a newly created spreadsheet system that tracks rental payments.

"We're trying to make people accountable," said Arlene. "We've sent letters to renters and asked them to recertify. That's a part of the compliance piece that they need to do to continue living in Band housing."

The department is willing to work with Band members to help them become current in their rental payments and advises tenants to contact department staff for further information.

"We don't want to put anyone in the street," Arlene said. "As landlords, we're responsible for maintaining units so that they will remain livable in the future."

Lease violations

The housing department has a three-strike policy that could result in eviction for those who don't meet leasing terms.

Strikes would result from violations such as failure to keep up with utility payments; harassing neighbors; having noise complaints made against them; having criminal activity take place on the property; and having vicious dogs.

"We want to have nice, peaceful neighborhoods and tenants who take care of our properties," Arlene said.

If a lease violation goes on for five days it becomes a part of the resident's permanent record. If it's addressed right away, it could be resolved. If the violation is addressed right away, the issue could be removed from the resident's record. The department will evict renters if issues are not resolved.

"We have to change the culture here," Arlene said. "It's tough to do, but we have to follow the policies and procedures that the Band Assembly has adopted."

Elder renovation program

There are two options available to Elders who need financial assistance with home renovations.

The Band's housing program can grant up to $50,000 for renovations based on needs.

The Indian Community Block Grant program also helps Elders who own homes with renovations. The grant is originally written as a five-year loan but becomes a grant after five years.

While both of these programs will help pay for renovations that make a house more accessible to those with disabilities, neither of them will cover the cost of adding on to a home.

"Elders have to make choices about what needs to be done, because there is a ceiling on the amount of money they can receive," Arlene said. "They need to decide what can be done to make life more comfortable."

Elders should also know that funds from the Community Block Grant program may not always be available, so now is the time to act.

To be eligible for either program, Elders must own their own homes and live within 30 miles of one of the Band's districts. For more information or to get an application, contact Richard Hill at 320-532-7415 or Gina Anderson at 320-532-7456.

Nay Ah Shing Students Participate in Art Contest

Photo courtesy of Gloria Songetay

(left to right) Selena Bueno, Courtney Boyd, and Sahen Davis each placed in the Secondhand Smoke Project's art contest.

By Gloria Songetay, Secondhand Smoke Project Outreach Coordinator

Six Nay Ah Shing students competed in the Secondhand Smoke Project's art contest. Each artist drew an educational drawing showing the difference between smoking commercial tobacco and using traditional tobacco.

The winners included Courtney Boyd (12th grade) in first place, Sahen Davis (11th grade) in second place, and Selena Bueno (8th grade) in third place. Paige Mitchell, Jakob Cash, and Toni Weous received honorable mentions.

Courtney's drawing will be pictured on the t-shirts that will be given away at the community health fair in March. The submitted artwork is also featured on the Mille Lacs Band's Facebook page.

The health fair planning staff would like to say chi mii gwech to all of the contestants. Each of the drawings were very impressive. The drawings delivered visual messages about the health risks of smoking commercial tobacco and the effects and dangers of breathing in secondhand smoke. Mii gwech for helping share the message, "gego zagaswaaken," which means "don't smoke."

Recipe of the Month

Submitted by Chris Kegg, nutrition education assistant

Chicken Enchilada Casserole

Ingredients

- 1 teaspoon olive oil
- 1 cup chopped red onion
- 1 can (4 ounces) diced mild green chili peppers
- 2 cans (10 ounces each) mild enchilada sauce
- 12 ounces shredded cooked chicken breast
- 2/3 cup sliced green onions
- 12 (6-inch) corn tortillas, divided
- 3/4 cup (3 ounces) shredded reduced-fat Mexican cheese blend, divided
- 1/2 cup fat-free sour cream (optional)

Directions

1. Heat oven to 350 degrees. Heat oil in large nonstick skillet over medium-high heat. Add red onion and chili peppers; cook and stir 4-5 minutes or until onion is tender. Add sauce, chicken and green onions.

2. Spray 2 1/2 quart oval casserole dish with cooking spray. Place 4 tortillas in bottom of dish. Spoon 2 cups chicken mixture over tortillas; top with 1/4 cup cheese. Top with 4 tortillas, 1 cup chicken mixture and 1/4 cup cheese. Complete with remaining 4 tortillas, chicken and cheese.

3. Cover and bake 20 minutes. Remove cover and bake an additional 10 minutes or until thoroughly heated. Let stand 10 minutes before serving. Serve with sour cream, if desired.

Makes 8 servings.

Cobell Settlement Could Mean Land, Funds or Assets for Indians Nationwide

By Toya Stewart Downey

Fifteen years ago, Elouise Cobell, a member of the Blackfeet Indian Tribe, filed a class-action lawsuit over mismanagement of royalties of American Indian lands. Cobell knew that it would be an expensive and long process, but she was determined to see it through.

That happened in December 2010, when the lawsuit was settled.

Now tens of thousands of American Indians across the country – including Mille Lacs Band members – are receiving letters about a proposed settlement for a class-action lawsuit for individual Indian land, funds, and other assets that have been held in trust by the federal government. The $3.4 billion trust settlement is more commonly known as the Cobell settlement. In the courts, it is referred to as Cobell vs. Salazar.

Two groups of individuals may qualify for this proposed settlement:

1) Historical Accounting Class Members:

- Had an Individual Indian Money (IIM) account anytime between October 25, 1994, and September 30, 2009, **and**
- The account had at least one cash transaction.
- Includes estates of account holders who died as of September 30, 2009, if the IIM account was still open on that date.

2) Trust Administration Class Members:

- Had an IIM account recorded in currently available data in federal government systems any time from approximately 1985 to September 30, 2009, **or**
- Owned trust land or land in restricted status as of September 30, 2009.
- Includes estates of landowners who died as of September 30, 2009, where the trust interests were in probate as of that date.

Lisa Johnson, the Band's director of real estate, said that if Band members believe that they fit into one of the two groups described above, they should contact 800-961-6109 or visit www.IndianTrust.com. To view a video with more information, visit www.IndianTrust.com/video_en.

"The phone number and website have been set up by the lawyers in the class-action lawsuit and are not affiliated with the federal government," she said. "In addition, if you wish to find out information about your IIM account or trust or restricted lands, you may contact some of the following individuals and/or call centers listed in the box below."

If individuals still have questions after they have talked to someone at the call center, contact the Mille Lacs Band Real Estate Department at 320-532-7552.

For more information about your IIM account or trust or restricted land

- Beneficiary Trust Call Center, run by the Office of Special Trustee. Call 1-888-678-6836. Hours of operation are 7 a.m. to 6 p.m., Monday-Friday, and 8 a.m. to noon on Saturdays (Mountain Time). Please have information available so that the call center can verify who you are. This may include what tribe you are affiliated with and your enrollment number, as well as your current address.
- Fiduciary Trust Officer-Field Operations, Minnesota Agency, Office of the Special Trustee for American Indians. Call 218-751-4338 or e-mail RogerHeger@ost.doi.gov.
- The Mille Lacs Band Real Estate Office at 320-532-7552. This office has information regarding ownership in trust or restricted lands for Mille Lacs Band members only. Please have your name, enrollment number, and date of birth available. You will be provided with a report, which may take awhile to receive, depending on the response of the Land Titles Record Office.

Tribal Police Improve Public Access to Crime Reports

Mille Lacs Band members now have better access to timely, reliable information on crimes that the Mille Lacs Tribal Police Department responds to in and around the Mille Lacs Reservation. The Band is partnering with CrimeReports to share data with the public at no cost.

At www.CrimeReports.com, you can learn if crimes have occurred in your neighborhood, what types of crimes have been committed, and if any level three predatory offenders live nearby. You can also sign up to receive crime alert e-mails and submit an anonymous tip if you have any information on a crime.

"Partnering with CrimeReports enables Band members to stay aware of any crimes being committed in their neighborhoods and proactively share information," said Police Chief Dwight Reed. "We hope that this will be part of the solution to make the reservation a safer place."

How to learn about crimes in your area

To access a crime map for your area and sign up for daily, weekly or monthly crime alert e-mails, go to www.CrimeReports.com. You can also link to the site from www.millelacsband.com, click on "Programs and Services," then click on "Tribal Police." You will only need to type in your address.

By going to the Mille Lacs Band's website, you can also view the most recent week's arrest report from the tribal police department. The arrest report is a listing that provides the name of the person arrested, the offense, the date, and the address.

CrimeReports gives you a more thorough picture by showing you a map of your area with dots in the locations where crimes have been committed. Due to federal public information laws, the offenders' names and exact crimes are not provided, and blocks rather than specific addresses of crimes are shown. Crimes committed by juveniles are also not listed.

Some locations not shown on CrimeReports

CrimeReports is the largest public crime-mapping and citizen tip network in North America. More than 1,600 law enforcement agencies share information through CrimeReports. However, very few agencies in the reservation area participate. In Mille Lacs County, only Princeton and the Mille Lacs Band are partners. The Band is the only participating agency in Aitkin and Pine counties.

Mille Lacs Band Honors Congressman Oberstar

Photo courtesy of Elizabeth Scott

Elizabeth Scott, Mille Lacs Band local community coordinator (right), and Sierra Edwards (middle) mingled with former Congressman Jim Oberstar at a reception in Duluth on February 12. The event, which was sponsored by the DFL Party, honored Oberstar for his decades of service.

Chief Executive Marge Anderson also recognized Oberstar at an event in his honor in Saint Paul. Marge presented him with a Pendleton blanket as a token of the Band's appreciation for his friendship and support of Indian Country while he was in office.

Meet the New Family Services Staff

Three new staff members started recently with the family services department.

Bernadene Crampton

Bernadene Crampton has worked in child welfare and social work for more than eight years. She attended Muskegon Community College, Western Michigan University, and Grand Valley State University. She holds a bachelor's degree in psychology and a master's degree in public administration.

Bernadene has travelled to reservations across the country to learn about Indian child welfare. She loves working with Native people, because there aren't the extremes found in other populations. "I just usually feel like one of the family," she said.

Bernadene is a native of Muskegon, Michigan, and a member of the Little River Band of Ottawa Indians.

Suzanne Merrill

Suzanne Merrill is a social worker for the family services department, a position she also had in the early 1990s. Before being elected as the District I Representative in the late 1990s, she also worked in other areas, including education and tribal operations. Suzanne has completed coursework for a master's degree in social work from the University of Minnesota-Duluth.

Suzanne enjoys building relationships with the families with whom she works. She is committed to utilizing the Ojibwe culture and traditions to help families get back some of what has been lost.

"I believe that everyone has something to offer, and I utilize that when working with families," said Suzanne. "I believe that we need to build our people up and encourage them to grow."

Suzanne lives in Mille Lacs with her three daughters, Kassandra (13), Meghan (10), and Alexandra (7), who she raises with her significant other, Dan Wise.

Nancy Saboo

Nancy Saboo has more than a decade of experience working for American Indian communities. She worked with 3- to 5-year olds at the Huron Potawatomi Head Start for four years. After that she worked for the Inter-Tribal Council of Michigan, the Grand River Band of Ottawa Indians, and the Little River Band of Ottawa Indians.

Nancy has a bachelor's degree in behavioral science from Grand Valley State University.

"Native children and families are extremely precious. I am very thankful for this opportunity to serve the Mille Lacs Band," Nancy said.

Nancy is a native of Lowell, Michigan, and is an enrolled member of the Bay Mills Band of Ojibwe, which is located in the upper peninsula of Michigan.

Team Available to Help Expecting Women and New Moms

Toya Stewart Downey

Allison Harr, the program's coordinator and Kari DiGiovanni, coordinator of the Doula and Women, Infants and Children programs help make up the Band's Maternal Child Health Program.

By Toya Stewart Downey

It's common for a pregnant woman to have lots of questions about her body, her unborn child, and how her pregnancy is progressing. And once the child is born, no matter if it's her first baby or third, she still has questions because each birth and each child is unique.

Thanks to the Band's Maternal Child Health (MCH) Program, Band members and their families can get individualized assistance based on their needs. The MCH team is available from the beginning stages of a pregnancy until long after the baby is born.

"We use a team approach to work with families because we want to make sure we meet the needs of our clients," said Allison Harr, the program's coordinator. "Besides being there during the pregnancy, we will do home visits for up to two years after a baby is born, and services can continue after the two years, depending on the needs of the family."

Since Allison assumed her post in December, she and the MCH team have been promoting their services so that Band families know the options available to them. The services include home visits for prenatal and postpartum women and children, with a focus on normal body changes, nutritional needs, healthy choices, baby's normal growth and development, family planning, breastfeeding counseling, parenting education and support, and home safety checks and education. The MCH team makes referrals to other available services as needed.

Services are provided regardless of health insurance status. However, because of the benefits of having health insurance, the MCH team helps clients find the resources to obtain health insurance. They work within the three reservation districts' service area, but not in the urban area.

In the past three months, Allison has been busy working on community partnerships, access to state and national resources, and program development. She has also been learning more about District I in an effort to increase health education and medical accessibility to people's homes. To reach that goal, the team is streamlining its approach and providing universal services for its clients.

"Our aim is to make home visits to everyone who is pregnant and has had a baby to assess what the need is during those visits."

Public Health Director Lisa Blahosky said it's not a new program, but the team is working to make MCH services more efficient and improve follow-through with clients.

"We're increasing our collaboration with physicians, clinics, and medical providers, because what we know is that we all have to provide the same services and work as a team to provide the best care possible for the families we serve," Lisa said.

Kari DiGiovanni, coordinator of the Doula and Women, Infants and Children programs said the team is striving to connect with women who are pregnant because too often, "we don't find out that a baby is born until afterwards. We'd like to find out earlier so that we can offer prenatal services as soon as possible."

One of the new services that the team hopes to launch this spring is to offer a group education class on topics including pregnancy, nutrition, mental and emotional health, cultural aspects of pregnancy, childbirth, and child rearing. They would also like to offer tours of the facilities where the women will deliver their babies.

"We will have an incentive program, and families who participate will be able to gain points to purchase items that may be needed after a baby is born," Allison said.

The team will also work with other Band departments that offer education classes to ensure that they're delivering a consistent message. The team is also hoping to encourage more moms to consider breastfeeding their newborns.

"We want to educate women and families on the benefits of breastfeeding and help them feel comfortable doing it," Lisa said.

Still, despite the best interests of the MCH team, there are challenges to providing services.

"One of the challenges is that at times there are lapses in some families' insurance coverage, or transportation is unreliable so they have to miss appointments. They might be in a crisis situation financially or be dealing with substance abuse issues such as smoking or drinking," Kari said. "We are trying to help remove those barriers and will do everything we can to work with a family."

Allison has a maternal child health background. She was a labor and delivery nurse and previously worked for Indian Health Services in New Mexico. Before moving to MCH, she worked in District III as a public health nurse.

Allison grew up in Larchwood, Iowa. She has a bachelor of science degree in psychology from Viterbo University in La Crosse, Wisconsin. She earned her nursing degree from the University of Minnesota.

Kari has worked for the Band for six years. She is a registered nurse and worked as the school nurse at Nay Ah Shing Lower School and at the Ne-Ia-Shing Clinic before becoming a public health nurse. She grew up in Aitkin and graduated from Central Lakes College.

SHIP Health Survey

The State Health Improvement Project (SHIP) is conducting a survey of Native American tribal members living in the Mille Lacs community. Everyone who completes the survey will receive a $25 gift certificate for fresh fruits and vegetables at the Grand Market. The survey takes between 10-15 minutes to complete.

If you are interested in the completing the survey please contact Shelly Foster, the Band's SHIP coordinator, at 320-532-4163.

New Band Member Owned Business in Hinckley

Band member Troy Hill opened a business called A Plus Automotive. Band members will receive a 10% discount and Elders will receive a 15% discount on all labor.

The repair shop will only charge the cost of fuel to tow cars needing repairs. Payment plans are available for Band members who cannot afford the cost of repairs on their vehicle.

A Plus Automotive is located at 100 Hwy. 61, in Hinckley. If you have any questions contact Troy Hill at 320-384-0293.

Community Health Fair

All Mille Lacs Band members and employees are invited to attend the Community Health Fair on Wednesday, March 30, from 11 a.m.-4 p.m. The fair will be held at the District I Community Center and will include informational booths, a light lunch, health screenings, complimentary t-shirts, door prizes and gift cards throughout the day.

For more information, contact Amanda Nickaboine-Meyer at 320/532-7771.

Household Uses for Baking Soda

By Housing Department staff

Baking soda, a common ingredient in baked goods, also doubles as a safe, efficient, and money-saving cleaning tool. With gentle scrubbing, baking soda can help clean your floors, pots, pans and much more.

The following are a few ways to use baking soda to clean your house. You can find more online tips at http://itep68.itep.nau.edu/itep_downloads/IAQ_Resources/IAQ-0610ManualDocs/CleanBakSoda.doc.

- Sprinkle in garbage cans, on carpets, and other places where odor is a problem. Leave the baking soda overnight and then vacuum it up in the morning.
- Scrub crayon off of a no-wax floor. Wet a sponge and sprinkle baking soda on the area and rub the crayon off the floor.
- Use baking soda to wash your clothing or bedding if you have allergies to laundry products.
- Use baking soda in your dishwasher to help eliminate streaks and spots from hard water.
- Soothe bee stings and mosquito bites with a baking soda and vinegar paste; relieve itch from poison ivy with a baking soda and water paste; and soothe chicken pox with a cool (not cold) 30-minute bath in baking soda.
- Remove splinters with a baking soda and water paste. Apply the paste under a plastic bandage and leave for a day. When you remove the bandage, the splinter will be sticking above the skin and can be pulled out easily.

Free Hearing Evaluations

To schedule an appointment for **Friday, March 11**, at Ne-Ia-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

Nay Ah Shing Students Named to National Honor Society

Photo courtesy of Nay Ah Shing School

Eight Nay Ah Shing students were named to the National Honor Society and National Junior Honor Society. The students are (from left to right) Aaron Nayquonabe, Kayla Cash, Shawna Benjamin, and Toni Weous. Jordan Smith, Kelsey Benjamin, Paige Mitchell, and Gaylyn Moose are not pictured.

At a ceremony honoring the students, each student signed their name into the official book, lit a candle, and said a pledge to the society. The ceremony also included a prayer by Dorothy Sam and a dinner for the new members and their families.

Mille Lacs Indian Museum Events

Ojibwe moccasin workshop

This class will be held on Saturday, March 12, from noon-4 p.m. and Sunday, March 13, from 10 a.m.-2 p.m.

The workshop costs $50 for the general public and $45 for Minnesota Historical Society members and Mille Lacs Band members, plus an additional $25 supply fee.

Maple sap harvest workshop

This class will be held on Saturday, March 19, from 10 a.m.-4 p.m.

The workshop costs $10 for the general public and $7 for Minnesota Historical Society members and Mille Lacs Band members. Depending on the weather the class may be moved to March 26.

Please call 320-532-3632 for more information.

Tribal Noteboard

Happy March birthday to:

Kelly, on March 14 from your whole family • **Dominic**, on March 27 from Tracy, Rachel, Taya, Noah, Kelly, Jay and Kellen • **Jayden and Jordan Sayers**, on March 3 with love from Auntie Barb • **Sam and Knute**, on March 12 with love from your Sister Barb • **Jeremy Lafromboise**, on March 16 with love from Auntie Barb • **Sissy Poo Sam (Sharon)**, on March 31 with love from Auntie Barb • **Keith**, 21, on March 13 from Grandma June, Grandpa Gush, mom, Liz, Dylan, Dylan Jr., Malerie, Leroy, Sebastian, Chelsie, Lydia, Sam, Dan, Chuck, Hunter, Elvis, Amber, Sunshine, Elliott, Ethan, Jazz, Tyrese, Manny, Marvin, Terry, and the girls • **Mary Kay**, 27, on March 28 with love from Danielle, DeaLayna, Stone, Derek Jr., Frances, mom, Rachel, Joe, Simone, Donovan, Sheila, Baby Joe, Jim, Jack, Bruce, Nettie, Simon, Selena, Dante, Baby Mase, Shawsha, Daymon, Day Day, Soul Son, Shawsha, Mase, Dante, Beaner, mom, Franny, Moobutts, Sheila, Joey, and Jeannette • **Donovon**, 10, on March 10 with love from mom, dad, Simone, Sheila, Baby Joe, grandma, Danielle, DeaLayna, Stone, Derek Jr., Frances, Mary, Selena, Dante, Shawsha, Jim, Jack, Bruce, Nettie, Simon, Mase Jr., Mary, Beaner, Dante, Mase, Shawsha, Soul, Day Day, mom, dad, Moobutts, Joey, Marissa, Greg, Gramma Vera, and Jeannette • **Tasha**, 17, on March 2 from Anna and family • **Kali**, 11, on March 15 from Anna and family • **RaeAna**, 6, on March 16 from Anna and family • **Jarvis**, 7, on March 18 from Anna and family • **Waylon James**, 19, on March 23 with love from mom, Clayton, Christina, Stacy, Tehlisse, Cilla, Lisa, Rachel, Angel, mama, Anna, Sil, Stacy, 2-Sox, Yoshi, dad, Josie, Laney, Maris, Tosh, Clay, and Betsy • **Da Old Man**, on March 14 from Anna and family • **Cheryl**, on March 24 with love from Raenelle, Jereck, Larissa, Corbin and Lia • **Nae Shotz**, on March 12 with love from Gram AA, Karen, Brad, Valerie, Mariah, Kevin, Tracy, Marvis, Shelby, Max Dean, Jake, Jamie, Aiva, Marky, DeBreanna, Emery, Nicole, Jameson, Cordell, Lil Chris, Sharon, Wally, Rave, Melodie, Bruce, Jayla, Lili, Brad Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Randi, Rachel, Waylon, Jay, Katie, Taylor, and Adam • **Jayla**, on March 18 with love from dad, Lili, Papa Brad, Gram AA, Karen, Valerie, Mariah, Kevin, Tracy, Marvis, Shelby, Max Dean, Jake, Jamie, Aiva, Marky, DeBreanna, Emery, Nicole, Chris, Jameson, Cordell, Lil Chris, Sharon, Wally, Rave, Melodie, Bruce, Jayla, Lili, Brad Eric, Kristy, Peyton, Braeyln, Eric, Wesley, Randi, Rachel, Waylon, Jay, Katie, Taylor, and Adam • **Dude**, on March 19 with love from your sisters and brothers, and Rachel and Waylon • **Darrian Moose**, 17, on March 8 from mom, Dennis, and your sisters • **B-Boy**, on March 9 from your we-ehs Denise, Rachel and Waylon • **Gaylyn**, 16, on March 17 with love from mom, Dennis, and your sisters • **Willow Thomas**, 7, on March 24 with love from mom, dad and your sisters • **Anessa Hicks**, 8, on March 21 with love from Sandy, Erykah, mom, dad and sisters • **Carla Littlewolf**, on March 12 from Uncles Bun and Age • **Marissa**, 16, on March 28 from Mary, Day Day, Selena, Shawsha, Soul, Mase, Dante, DeaLayna, Moobutts, Mariah, Marissa S, Samantha, and Julia • **Joseph Bonilla**, on March 21 from mom, dad, Alex Jr., Jonathan, Priscilla, Chico, and family • **David Bonilla**, on March 1 from mom, dad, Alex Jr., Jonathan, Priscilla, Chico and family • **Damien Stump**, 1, on March 3 with love from mommy, daddy, grandma, Destiny, Katelyn, and Little Wax • **Lexie Stump**, 2, on March 14 with love from mommy, daddy, grandma, Destiny, Katelyn, and Little Wax • **Renae Marie**, 21, on March 12 with love from mom, Zach, Jerry and Kira • **Tawnya Stewart**, on March 24 with love from Toya, Dawne, Brittany, Jessica, Blake, Mehki, Steven and Dallas • **Aunt Penny**, on March 14 with love from Toya, Tawnya and Dawne • **Bennett John Martin Kegg**, on March 11 from mom, dad, Kevin, Casey, grandmas, aunts and uncles • **Kacie**, on March 17 from your
we-eh, Dena and Kiyawna • **Craig**, on March 30 from mom, dad, Tiffany and Tori • **Koje**, 32, on March 3 from Rachel and Waylon • **Darkness**, 28, on March 21 from Rachel and Waylon • **Papa Doug**, on March 7 from Rachel and Chum Lee (Waylon) • **Tosha**, 17, on March 2 from Rachel and Waylon • **Leroy**, on March 1 from dad, mom, Dylan Jr., Malerie, Gramma June, Papa Gushy, Lydia, Amber, Sunshine, Sam, Dan, Chuck, Hunter, Elvis, Elliot, Ethan, Jaz, Ty, Keith, Chelsie, Sebastian, and Uncle Manny • **Hunter**, on March 2 from mom, dad, Amber, Sunshine, Sam, Dan, Chuck, Elvis, Gramma June, Papa Gushy, Elliot, Ethan, Jaz, Ty, Keith, Chelsie, Sebastian, Liz, Dylan Sr., Dylan Jr., Malerie, Leroy, and Uncle Manny • **Terry**, on March 12 from the Smith and Garbow families • **Gushy**, on March 22 from your kids, grandchildren, and the Smith and Garbow families • **Desi,** on March 29 from the Smith and Garbow families • **Bev**, on March 30 from Roger, Juni, Jillian, Roy, Ahnung, and the Smith family.

Happy March birthday to Mille Lacs Band Elders!

Ramona Applegate
Debra Barge
Nancy Bearheart
Cynthia Beaulieu
Marie Bengtson
Larry Benjamin
Lorelei Benjamin
Randy Benjamin
Robert Benjamin
Joseph Budeese
Patricia Christofferson
James Dorr
Robert Dorr
Mary Flores
Terry Frye
Beverly Garbow
Cheryl Garbow
Virginia Goodman
Marie Gudim
Kathleen Hill
Sandra Kegg
Barbara LaBlanc
Mert Liebgott
Barbara Machen
Pauline Moose
Shirley Munson
Victoria Nichols
Larry Oswaldson
Laurie Pardun
Marie Paschke
Marlene Poukka
George Premo
Douglas Sam
Fred Sam
Kathryn Sam
Roy Sam
Francis Schaaf
Susanna Schaaf
Russell Shabaiash
Edward Skinaway Jr.
Merle Skinaway Jr.
David Smith Jr.
Sandra Smith
Sharon Sutton
Sami Thomas
Robert Tibbetts
Carol Towle
Marlene Wakanabo
Barbara White

Thank you

I want to thank all my friends and family for their support during the loss of my son, **Larry Smallwood Jr**. Thanks to all the Mille Lacs Band departments for the plants. I would also like to thank the Emergency Assistance Office and OMB for their assistance during this time and the Chief Executive and District Representatives for their assistance with the rooms. Your thoughts and kindness at this time will not go unnoticed. I especially want to thank "Spud" Gahbow and Jada Grap for being there from the beginning to the very end. Parents – please love your children. *Thanks again, Larry Smallwood Sr.*

• • •

The Potter family would like to thank everyone who attended and participated in the fundraiser/taco sale. A special thanks to the Chief Executive Office, Legislative Branch, and everyone else who sent in donations. The fundraiser was a huge success, and we couldn't have done it without those of you who pitched in to help. We appreciate all of you and we are grateful for all you have done!

Anniversary

Happy 12th anniversary to my husband **Jereck** on March 6. *With love from your wife Raenelle.*

• • •

Happy anniversary to my husband **Jeff** on March 7. *With love from Nancy.*

In memory

Dedicated to **Kiley Jayden Jones**. The little one we long for was swiftly here and gone. But the love that was planted is a light that still shines on. And though our arms are empty, our hearts know what to do. Every beating of our hearts says that we love you. Born/Died on March 23, 2008. Our little Kiley would have been three years old. Our hearts ache everyday that we have to miss you; soon we will be together again. We love you forever, *from your mother Stacy Boyd and father Mervel Jones III.*

Obituaries

Marlene Theresa Nickaboine
Born – 7-6-1939
Died – 1-6-2011
Resided in Mora, MN

Ledger Dwayne Sam
Born – 1-14-2011
Died – 1-14-2011
Resided in Isle, MN

Richard Clarence Boyd
Born – 10-20-1955
Died – 1-14-2011
Resided in McGregor, MN

Joseph Jeffrey Juarez
Born – 11-12-1971
Died – 1-19-2011
Resided in Appleton, MN

Sandra Lynn Mishler
Born – 11-7-1961
Died – 2-3-2011
Resided in Sandstone, MN

Oji-Cree Round Dance and Hand Drum Special

An Oji-Cree Style Round Dance and Hand Drum special will be held at the District I Community Center on Saturday, March 5. Registration will open at 10 a.m., the opening pipe ceremony and feast will begin at 10 a.m., and the community feast will start at 5 p.m.

Prizes will be awarded in the following categories: men's hand drum, women's back up, youth, Oji-Cree challenge, the Sweetheart dance, two-step, and side step specials.

The event will feature Pete Gahbow and Gordon Tootoosis as announcers and Harvey Dreaver and Erik Gahbow as stickmen. The event is free and open to the public.

Gordon Tootoosis

Canadian actor Gordon Tootoosis will be one of the announcers at the Round Dance. He is best known for playing Native American Joe Saugus in *Auf Wiedersehen*, Pet in 2002. He also appeared in By *Way of the Stars*, *Legends of the Fall*, *Pocahontas*, and *Song of Hiawatha*.

Gordon, who is Cree, also served as the Chief of the Poundmaker Cree Nation and as Vice President of the Federation of Saskatchewan Indian Nations.

Band Member Becomes Book Illustrator and Embraces Ojibwe Heritage

Photo courtesy of Wesley Ballinger

Wesley Ballinger (right) interviews Doug Sam for an upcoming project.

By Toya Stewart Downey

To truly appreciate how Wesley Ballinger (Niiyo-giizhig) ended up illustrating a children's book that is written in Ojibwe, one must first understand the path he took to get to this point in his life.

Wesley's journey wasn't an easy one and certainly wasn't mapped out for him, yet it seems that it was his destiny to embrace the culture, learn the language, and create works of art that reflect the traditional Anishinabe lifestyle. Though, the 37-year-old Band member will admit, "I'm still on a long journey."

As a child, Wesley lived with his mom in Minneapolis and spent summers and some holidays in Mille Lacs with his father. Even though his parents had never married, the young boy felt a sense of love and security from both sides of his family.

A couple of things changed, though, including his grandmother's death and his father's divorce. Soon Wesley spent less time on the reservation with his paternal family and most of his time in the Twin Cities. He stopped going "up north" altogether when he was 12 years old.

"It was 18 years before I went back to Mille Lacs," he said, adding that even though his father and siblings were there, it didn't feel like home. These days he goes to Mille Lacs when he can and has reconnected with his family.

Learning Ojibwe

During his teen years, Wesley lived a typical teen's life and didn't think much about his ties to Mille Lacs. But as a senior at South High School in Minneapolis, something compelled Wesley to register for an Ojibwe language class that was taught by Band member Don Pewaush, who has since passed away.

After high school graduation, he attended the University of Minnesota for one year, but didn't continue full-time. For the next five years he worked what he calls "dead-end jobs," but still managed to take classes from time to time.

"When I was 25, I decided to get serious about my education. I enrolled at Minneapolis Community College," said Wesley.

He earned his associate of arts degree there and then returned to the University of Minnesota, where he majored in art and the Ojibwe language in pursuit of a bachelor of arts degree.

"I discovered that the culture and the language are all connected," he said. "By studying the language, you are open to the worldview of creation and the philosophy of the relationship to existing creations. For example, the tree has a relationship to the world and that has a relationship to everything else, the insects, the birds, the people…"

"I came to these epiphanies through fasting, learning the language and the culture," he said. "It was a healing process, too."

It was also during this time that Wesley began to spend summers working at an immersion camp in Ontario.

Between his job as a teaching assistant for the University of Minnesota's Ojibwe language program and the work he did in the summers, Wesley's destiny continued to manifest itself.

When a job opened for a language specialist at the Great Lakes Indian Fish and Wildlife Commission, Wesley's mentor and college professor, Dennis Jones, recommended him. Since moving into this role, Wesley has been involved in a number of culturally rich and important projects, including the book he illustrated.

Wesley's projects

The 96-page book, *Awesiinyensag*, is the first of three in a series and addresses issues such as bullying, divorce, teamwork, and other topics that are familiar to children in all cultures. The stories are told through the antics of animals who playfully deal with the situations in the stories. Twelve authors contributed to the stories in the book.

Wesley has also worked on a CD/DVD project called *Inaadiziwin* that tells the story of the seasonal harvests – including gathering rice, hunting, trapping, and fishing. Each part is narrated in Ojibwe based on interviews that Wesley conducted with first speakers.

"As a part of my job, which is funded through a three-year language preservation grant, I'm documenting and preserving stories of hunting and gathering."

Wesley, who is in the beginning stages of recording different first speakers including Doug Sam and Larry Smallwood, says he believes that one of the major issues in Indian Country is disenfranchisement and being culturally lost.

"Having a language you can call your own helps you connect to who the Anishinabe people are," he said. "Without the language, you don't have a connection to the ceremony and perspective of creation. You have a fragmented existence."

Wesley can read and write Ojibwe, but still feels frustrated that he's not as proficient in the language as he desires.

"I need 20 years or more of 'life Ojibwe,' but I'm becoming empowered by what I know and what I'm learning."

Besides his own desire to know more, he also yearns for others to comprehend and speak the language.

"I wish it was something that more of our young people did," he said. "It's hard trying to fit in and to understand your people and your culture if you don't know the language."

Calendar of Events

March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Purchase Tickets* **Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com	*If you would like an event included in the community calendar,* **please contact Kelly Sam at 651-292-8062** *or write to Kelly at* **kelly@goffpublic.com**	1 **Onamia Indian Education Meeting** Rolf Olson Center Noon, Contact: David Sam, 320-532-4901 **Band Assembly Meeting** East Lake Community Center 10 a.m.	2 **Narcotics Anonymous** District I Community Center 6-7 p.m. Every Wednesday	3 **Talking Circles** District I Community Center 5:30 p.m., Contact: KC Paulsen, 320-532-4046 **Band Assembly Meeting** Chiminising Community Center 10 a.m.	4	5 **Oji-Cree Round Dance and Hand Drum Special** District I Community Center 10 a.m. & 5 p.m. (See page 10)
6	7 **Pine Grove Leadership Academy Meeting** 5 p.m. Contact: Amiliya Zago, 320-384-7598 **AMVETS Meeting** Grand Casino Mille Lacs, 6 p.m. Contact: Ken Weyaus, 320-309-6925	8	9 **District I Community Meeting** District I Community Center 5:30 p.m. Contact: Judy Virnig 320-532-7423	10	11	12 **Roots and Boots*** Grand Casino Hinckley 8 p.m. **Ojibwe Moccasin Workshop** Mille Lacs Indian Museum 12-4 p.m.
13 **Ojibwe Moccasin Workshop** Mille Lacs Indian Museum 10 a.m.-2 p.m.	14	15 **District II Leadership Academy School Board Meeting** 4 p.m. Contact: Raina Killspotted, 218-768-2345	16 **District III Community Meeting** Lake Lena Community Center 5:30 p.m. Contact: Katie Draper, 320-384-6240	17 **All District Elder Meeting** East Lake Assisted Living Unit 11 a.m. Contact: Denise Sargent, 320-532-7854	18	19 **Brenda Lee*** Grand Casino Mille Lacs 2 & 6 p.m. **Maple Sap Harvest Workshop** Mille Lacs Indian Museum 10 a.m.-4 p.m.
20	21	22	23	24 **Urban Area Community Meeting** All Nations Indian Church, 5:30 p.m. Contact: Barb Benjamin-Robertson, 612-872-1424 **District II Community Meeting** East Lake Community Center 5:30 p.m., Contact: Jenny Waugh, 218-768-3311 **Treaty Rights Celebration** Grand Casino Mille Lacs 11 a.m.-2 p.m.	25 **All government offices closed for Treaty Day**	26
27	28	29	30 **District IIA Community Meeting** Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320-676-1102 **Community Health Fair** District I Community Center 11 a.m.-4 p.m.	31	April 1	2
3	4	5	6	7	8	9

"What's The Biggest Purchase You've Made Lately?"

Molly Judkins

"I went on a 10-day vacation to Texas and Mexico with my husband, Scott."

Daniel Pewaush

"I bought Jimmy Choo shoes for my fiancé for Christmas."

Darius Barnes

"I bought a leather coat for my mom."

Rachel Sam

"A PlayStation 3."

Rosella Eagle

"I bought a flat screen TV for my bedroom."

Elizabeth Scott

"A 2008 Buick LaCrosse."

Maria Knowlen

"I got a Wii."

Shanice St. John

"I bought clothes and my monroe."

Photos by Toya Stewart Downey

Emergency Services Available to Band Members

The Emergency Services program provides several services to Band members facing emergencies.

Services

- **Medical and funeral support**: Eligible Band members can receive $50 per day for medical support and $100 for funeral support for up to three days.
- **Rent or deposit assistance**: Band members must show a written notice of eviction, prove that the eviction is not caused by a criminal act, and provide a rental or lease agreement signed by the landlord. This service can only be used once every two years.
- **Gas vouchers**: Eligible Band members can receive up to four $20 gas vouchers per fiscal year.
- **Food vouchers**: Eligible Band members can receive food vouchers if they have been denied assistance through the Food Distribution Program because of income or another disqualifying factor.

Eligibility

Applicants must be enrolled Mille Lacs Band members who are 18 years old or older. Non-enrolled parents and legal guardians of enrolled children are not eligible for this program. A valid Band ID or enrollment number must be presented to obtain services through this program.

Documentation is needed for all loan requests, including those that help pay for utilities, food or gas; prevent eviction; or recover from a fire or natural disaster.

Once a completed application and supporting documentation have been received, Emergency Services will begin processing the loan request. It may take five to seven business days before checks are issued to the landlord or other vendor. The program makes every effort to process requests in a timely manner and will call vendors at the Band member's request to ensure payment.

Applications that are incomplete because the applicant did not provide proper documentation will be null and void after 30 days of the original submission.

An applicant must have a balance of zero before a new application can be processed. Medical and funeral requests are exempt from this rule.

Emergency Services provides a maximum of $750 worth of assistance to each eligible applicant.

Contact

Band members who need help from the Emergency Services program should visit the program office at the Ne-Ia-Shing Clinic or call 320-532-7880.

Band members can also call a 24-hour emergency number 320-632-2687 during non-business hours to prevent utilities or gas from being disconnected. The on-call staff member is not able to issue food or gas vouchers or process medical or funeral requests. Emergency Services does not compensate Band members for hotel stays.

Treaty Rights Celebration

All Band members are invited to the Treaty Rights Celebration

Thursday, March 24, 2011

11 a.m.-2 p.m.

Grand Casino Mille Lacs Events & Convention Center

• Lunch will be provided • Interactive booths from GLIFWC, DNR and others • Digital scavenger hunt • Ojibwe language coloring contest • Games and prizes •

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

April 2011 *"The story as it's told."* Volume 13 • Number 4

Grand Casino Mille Lacs Celebrates Twenty Years

Grand Casino Mille Lacs opened in a tin building in 1991.

The year was 1988. The Mille Lacs Reservation was a place of overwhelming poverty. After generations of going without what most Americans would consider the basics, hope was a hard thing to hold onto.

"We were barely making payroll, and we didn't have a school. We taught students wherever there was room," said Chief Executive Marge Anderson, who was Secretary/Treasurer at the time.

Yes, there was pride in our language, culture and traditions. Yes, we looked out for one another and cared for our family members and Elders. But there was a yearning for more.

Other economic development attempts had come and gone. We needed something big.

On October 17, 1988, Congress passed the Indian Gaming Regulatory Act. That was the big opportunity we had been waiting for. While there were no guarantees, gaming offered the possibility of a more prosperous future.

The late Art Gahbow, who was Mille Lacs Band Chairman at the time, led the tribal government in negotiating gaming compacts with the State of Minnesota. Governor Rudy Perpich signed the Band's gaming compacts in 1989.

"Governor Rudy Perpich chose to approve the Indian gaming compacts in order to create jobs and boost the economy in greater Minnesota," said Jamie Edwards, state government affairs coordinator for the Mille Lacs Band. "He saw the tremendous need for economic development on tribal lands and wanted to do the right thing."

Building the dream

Now it was time to make gaming a reality on the Mille Lacs Reservation.

"When the Indian Gaming Regulatory Act was passed, we couldn't find a bank that would help us build a casino," Marge recalled. "Local banks nixed the idea. But then this firm (later known as Grand Casinos, Inc.) offered to help."

The partnership with Grand Casinos, Inc. not only gave the Band funding to build its casinos, it also provided gaming expertise until the Band could nurture its own experts. The Band signed a seven-year deal with Grand Casinos, Inc., which gave the Band a successful start in gaming, and the Band assumed full ownership and operational oversight over both of its casinos in 1998.

Opening the doors

Built around the Band's bingo hall, Grand Casino Mille Lacs opened on April 4, 1991. Grand Casino was a hit from day one, with hundreds of people lining up to play the 200 machines that had been installed.

"We had a handful of employees, and we were in a tin building," Marge said. "We had customers coming in and getting mad because they couldn't find a machine. We decided to expand right then."

Molly Judkins, who today is Marge's executive assistant, was a phone operator at Grand Casino Mille Lacs when it opened.

"When the casino first started, there were no other businesses around. I would have never imagined it as big as it is now," said Molly, adding that five of her six children have worked at Grand Casinos over the past two decades.

"We had a blackjack tent outside," Molly said, "and when it rained it was cold and wet, but people still came and played. Also, we didn't have a paved parking lot, so people would get stuck."

Marge and Molly have bittersweet memories of the

(Continued to page 2)

Today Grand Casino Mille Lacs includes a hotel, four restaurants, an Events & Convention Center, a coffee shop, candy store, and Grand Ventures for Kids.

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Grand Casino Mille Lacs Celebrates Twenty Years

(Continued from page 1)

casino's early days. One of the earliest joys was seeing the trucks come to collect the casino's first earnings. But sadly, the joy was overshadowed by the death of Art Gahbow. He passed away unexpectedly shortly after the casino opened.

"He had been our leader for almost 20 years, and he had led the way in getting everything built," Marge said. "But Art got to see us take our first steps along a better path. I'm proud that Art got to see this dream come true."

The casino shut its doors for 24 hours as the community mourned Art's death – the only time in the casino's history that it has been closed.

New opportunities

Band member Kelly Kegg, a charter associate at Grand Casino Mille Lacs, was attracted by the employment opportunities that were in short supply before the casino opened.

"Time has passed so quickly. I was 21 years old when I started," Kelly said. He has been a security manager for the past eight years.

Another charter associate, Band member Joe Mojica, is vice president of slots. His Grand Casino career started at age 22.

"It was a lot of fun working here and watching all the changes that came along," Joe said, specifically pointing to the hotel expansion that was completed in 1997, making the casino an even bigger destination.

"People always came here because of the lake, but more people began coming because of the casino," said Joe. "There's a lot of good that's come from the casino."

Grand Casino Mille Lacs General Manager Ronda Weizenegger echoes that sentiment. "This casino opened up opportunities that never existed here before. Jobs are something we don't take for granted in this area, because they aren't easily replaced. This made the casino a very personal achievement for the Band and Band members like me," Ronda said.

Meaningful progress

Grand Casino Mille Lacs provided the Band with desperately needed revenue, said Marge, remembering how excited she felt when the first check arrived.

"I took that check and held onto it, because we had to figure out what we should do with it. We didn't have enough money to do everything we wanted to do," Marge said.

Within months of opening Grand Casino Mille Lacs, the Band became the first tribe in the nation to issue community improvement bonds backed by casino revenues. These bonds funded reservation construction projects. The first facilities to be completed were a new water treatment plant and the Hinckley powwow grounds in 1992, as well as the Ne-Ia-Shing Clinic, Nay Ah Shing School, District I water tower, and District I ceremonial building in 1993.

As casino revenues continued to grow – both from Grand Casino Mille Lacs and from Grand Casino Hinckley, which opened in 1992 – the Band was able to repay the loan and continue to pursue opportunities that would continue to impact the community in a positive way.

The casinos themselves grew too. Both starting as basic casino facilities, they grew into entertainment destinations, complete with hotels, convention spaces, concert facilities, multiple restaurants, and many other amenities surrounding the casinos. Woodlands Steakhouse and the Events & Convention Center opened at Grand Casino Mille Lacs in 1998.

All of this growth has allowed the Band to continue to chip away at the decades of poverty that Band members have endured.

"We made a decision early on that we would use gaming revenues to provide jobs, invest in economic development and community infrastructure, provide programs and services to Band members, and reach other long-overdue goals," Marge said. "Art's top priority was education. When I became Chief Executive after Art died, I made sure that it remained a top priority. Without the casinos, we wouldn't have our schools."

Toya Stewart Downey

Band members Kelly Kegg (left) and Joe Mojica (right) have worked for Grand Casino Mille Lacs since opening day.

Before the casinos, many Band members were forced to rely on the state and federal governments for programs and services that their families needed. "Because of casino revenues, our people have better lives and more opportunities. I never want to see our situation revert to how it used to be," Marge said.

The future of Grand Casinos

For much of the first 20 years of Indian gaming in Minnesota, the progress at Mille Lacs and on other reservations has been accompanied by threats to expand gaming in the state.

"Every time we have something good that's helping us, people want to take it away. That has been our history," Marge said.

This legislative session brings the biggest threats to date, due to the state's large budget deficit. Some state leaders would like to solve part of the problem by expanding gaming beyond its current boundaries and using the revenues to fill in the state's gaps. Some new gaming proposals have already been introduced in the Legislature, and more will likely follow in the coming weeks.

"Some legislators aren't recognizing that expanding gaming will only transfer the benefits of gaming from rural areas in Minnesota to the Twin Cities metro area," said Angela Heikes, Commissioner of Corporate Affairs for the Mille Lacs Band. "Grand Casinos would have fewer guests and lower revenues. This would translate into fewer jobs, fewer people with health insurance, and less business with area vendors. These types of losses in rural Minnesota would offset the gaming revenues being projected by some legislators. In fact, this would further burden the state's already-stretched resources."

Band members, employees, and friends are urged to help the Band by making their voices heard at the Capitol over the next couple of months. For more information on getting involved, visit www.millelacsband.com and choose "Action Center" from the menu on the left side of the screen, or call Jamie Edwards at 612-850-2124.

"In the first 20 years, we've helped people find jobs, access health care, drink cleaner water, and live in quality homes," Marge said. "We want to be in a position to continue the work that we've started over the next 20 years."

Editor's note

If you have stories about how Grand Casino Mille Lacs has changed your life in a positive way, or if you have memories of the past 20 years that you'd like to share, contact Kelly Sam at kelly@goffpublic.com

Toya Stewart Downey contributed to the writing and reporting of this article.

Local Boxers Excite Fans at Grand Casino Hinckley

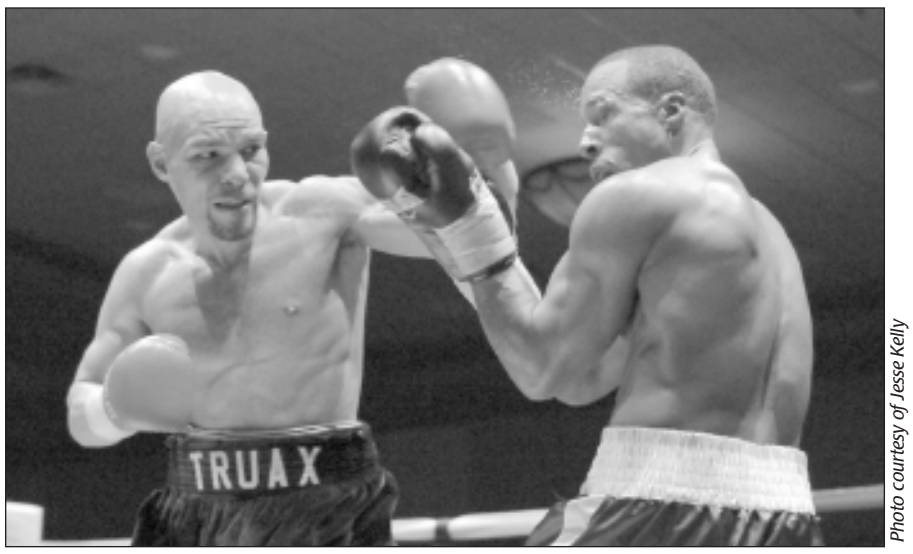

Photo courtesy of Jesse Kelly

"Golden" Caleb Truax and Phil "The Drill" Williams were the main fight at the professional boxing match at Grand Casino Hinckley in February. The 10-round rematch ended with Truax winning a majority decision.

By Jim Erickson, Mille Lacs Band Boxing Commission executive director

The much-awaited rematch between Phil "The Drill" Williams (11-4-1, 10 KOs) of Minneapolis and "Golden" Caleb Truax (17-0-1, 10 KOs) of Osseo brought out the fans of professional boxing to Grand Casino Hinckley in February. But the bout between Hinckley's own Tim Taggart Jr. (2-2-2, 2 KOs) and Charles Meier (4-2-1, 2 KOs) of Saint Paul supplied the most excitement.

The evening of professional boxing started with a heavyweight bout between Serhiy Karpenko of Big Bear, California, and Zak Jensen of Hopkins, Minnesota. Jensen, an experienced mixed martial arts fighter, who competed on Spike TV's *The Ultimate Fighter*, stood toe-to-toe with Karpenko, a former Upper Midwest Golden Gloves champion. Karpenko withstood Jensen's big shots and timed a perfect overhand right that spelled the beginning of the end for Jensen. Jensen was knocked down two more times, and although he was up and ready to punch away, referee Mark Nelson waived the fight off at 1:31 of round 1.

Former amateur superstars Jamal James (4-0, 4 KOs) of Minneapolis and Tony Lee (3-0, 1 KO) of Saint Paul improved their skills in the professional ranks with wins over opponents Justin Danforth and Alexander Tousignant of Milwaukee.

Power-puncher Ismail Muwendo (8-0, 6 KOs) of Minneapolis went the distance with counter-punching Rob Diezel (5-3, 2 KOs) of Seattle, Washington. Although Muwendo shook Diezel in the second round with a hard right to the jaw, the slick Washington boxer showed that he came to fight and extended Muwendo until the final bell of the sixth round. Muwendo came away with a unanimous decision.

The main event, a 10-round rematch between Phil Williams and Caleb Truax, ended with Truax winning a majority decision. It took a few rounds for the two super-middleweights to get warmed up, but later rounds produced more action as Williams fired away from outside, and Truax muscled his way inside and used a consistent body attack to sew up the victory.

Although it wasn't the main event, the fight between Tim Taggart Jr. and Charles Meier was the fight of the night. Taggart started the six-round battle with a lot of movement and seemed to frustrate Meier. Meier had trouble landing a clean punch on the elusive Taggart. Finally, in rounds three and four, the match started to go in Meier's favor, but he was unable to sustain an attack. Taggart finished the fight by winning the fifth and sixth rounds, cutting Meier above the eye. As the final bell rang at the end of the fight, the two warriors were given a standing ovation by the crowd, with more applause to follow when Taggart was announced as the unanimous winner.

Names and Faces

Carley Justine Emery

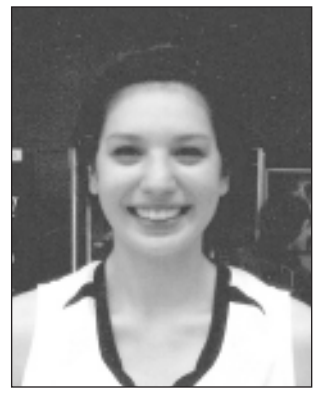

Photo courtesy of Robert Liebgott

Sixteen-year-old Carley Justine Emery, a junior guard on the Siren High School basketball team in Wisconsin, leads the state in scoring. She started playing on the high school's varsity team as a freshman, and has since broken all of the girls and boys basketball records at the high school. Carley has received several awards for her basketball achievements, including All-Conference Honorable Mention (2007), All-Conference (2008-2010), All-State (2009-2010), and West Lakeland Conference Most Valuable Player (2010). Carley surpassed 2,000 career points in March, making her one of 12 girls in Wisconsin to have reached this milestone.

Carley also excels academically, having been named to the National Honor Society since 2009. She is the daughter of Band member Michelle Emery and James Emery.

Dirty Moccasin Crew

Photo courtesy of Jesse Kelly

The Dirty Moccasin Crew, which is made up of Mille Lacs Band members Ryan O'Brien, Gordy Davis, Shorty Buff, and Jon Buchanan, as well as Caleb Edmond and DJ Pseudnym, performed their second show at Froggy's Bar in Pine City in March. The Dirty Moccasin Crew's debut album, *Tuesday Night*, is available on the band's website, www.thedirtymocassincrew.com.

Eric Omdahl

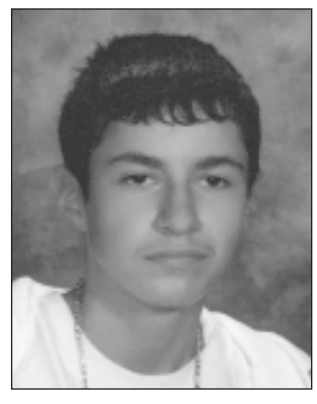

Photo courtesy of Shelly Sam

Eric Omdahl, a ninth-grader at Onamia High School, was recently named a national honor student from the U.S. Achievement Academy. Onamia High School staff nominated him for the award, which is given to only 400 students nationwide. Eric is the son of Richard Omdahl and Shelly Sam.

Chimney Swift Conservation Project Seeks Volunteers

The Chimney Swift Conservation Project is recruiting people to help restore the habitat of chimney swift birds in Minneapolis. The organization will be building a chimney swift tower and kiosk at the Minneapolis American Indian Center from Monday, April 18, to Saturday, April 23.

The number of chimney swift birds in the area is declining significantly because masonry chimneys, which they use for roosting and nesting, are being destroyed or capped. Chimney swifts primarily eat flying insects, which helps reduce the number of biting insects in the area.

"This project is a great way for Band members to connect with the natural world, which can be a challenge in an urban setting," said Kelly Applegate, Mille Lacs Band wildlife biologist and fisheries technician.

"This is a wildlife conservation project that the community can be proud of," said Barb Benjamin-Robertson, urban program administrator.

The Chimney Swift Conservation Project has partnered with Audubon Minnesota and the Mille Lacs Band to try to save the habitat of chimney swifts.

If you are interested in volunteering, call Barb at 612-872-1424.

Anishinabe OIC Trains and Serves Band Members

photo courtesy of Kim Sam

Band members Candace Sam, Lewis Pacheco Jr., and Lewis Pacheco Sr. have completed the first level of the carpentry training program sponsored by the Anishinabe Occupational Industrialization Center (OIC).

By Toya Stewart Downey

For more than 25 years, the Anishinabe Opportunity Industrialization Center (AOIC) has provided training and services to hundreds of Band members in the Mille Lacs area.

"Our mission is to help those in underprivileged populations with job skill development," said KC Paulson, executive director of the Anishinabe Opportunity Industrialization Center. "Since we began working in the Mille Lacs area in 1986, we've been focused on helping Band members."

The AOIC is part of a nationwide program, the Opportunity Industrialization Center, which the Department of Employment and Economic Development (DEED) developed in 1971 to help strengthen the job skills of those in underprivileged populations. The program is primarily funded through DEED and through grant dollars. The AOIC reports to the state organization.

For several years, the AOIC was housed in a trailer next to the Mille Lacs Band Government Center. It moved to the Crozier Building in Onamia about 18 months ago. The clientele is primarily comprised of Band members.

The AOIC's board of directors is made up of Band members, Elders, and Band employees who help the AOIC set goals and offer direction on programming that could benefit the community. The board meets monthly at the government center.

Carpentry classes

Currently the AOIC is offering classes in basic carpentry skills. Those classes meet each Monday and Wednesday for about four hours starting at 5:30 p.m. Anyone who is at least 16 years old is welcome to join.

"We're teaching basic elementary carpentry skills during the 10-week classes," KC said. "When participants have completed 100 hours of training, then they can move to the next level."

Six Band members are currently enrolled in the carpentry classes. The goal is to expand to a 600-hour course so that participants will become more skilled and able to move into an apprenticeship program.

"The basic skills we're teaching are required in plumbing and electrician jobs," said KC. "There's a strong emphasis on green carpentry, and we're focusing on that since more employers are moving toward green."

Through the carpentry program, participants are also working on their math and reading skills. Once they complete the program, they receive a certificate that specifies the skills they've obtained.

Meeting goals

Some of the participants come to the AOIC through referral from the justice system; others come on their own accord.

"Anyone who comes through our doors and completes our programs should be able to enter a job situation with stability," said KC. "The AOIC helps those who are re-entering the community, and it can help restore them with the community."

To help clients meet their goals, the AOIC works with their family members as well as with Band Elders. The AOIC also works with a client's supervisor on an as-needed basis. The AOIC makes regular reports to the court system, when necessary.

"We are giving those involved with us a high level of personal attention," KC said. "We don't dismiss anyone or leave anyone out."

Talking circles

In recent years, the AOIC has added another element to its programming by offering talking circles. A circle is associated with the carpentry program, and two others are offered at the Nay Ah Shing Schools.

"We offer a counseling circle which is focused on helping students stay in school, and we've been doing that for about two years," KC said. "The grief circle, which began in the fall, provides a place for students to talk about their grief and issues around that topic."

The grief circle is held weekly. The counseling circle is held every other week. The AOIC has a contract with the schools for the two circles that are held there.

The circle that's held in the District I Community Center is for adults and has been offered since 1996. It meets at 5:30 p.m. on the first and third Thursday of each month.

"We want people to stop by and see what's offered," said KC. "We would like to encourage Band members, particularly Elders, to come over and provide support to participants."

For more information about the AOIC, call KC or Kimberly Sam, program director, at 320-532-4046.

Legislators Introduce Racino Bill

Two Republican lawmakers recently introduced a bill to allow slot machines at the state's two horse tracks (Canterbury Park in the south metro and Running Aces in the north metro). This is the sixth time a racino proposal has been brought to the Legislature in the past decade.

Most of the profits from the racinos would be placed in a special revenue fund intended to create jobs and help businesses. The Department of Employment and Economic Development would use the fund to provide grants and loans to new or existing businesses.

Although champions of the racinos believe that they will help create jobs in Minnesota, racinos will actually just transfer jobs from the rural areas to the Twin Cities. The state's gaming market is mature, so rather than attract new gamers, expanding gaming would take existing gamers away from tribal casinos.

Running Aces is not fully supportive of the bill because it is concerned that it favors Canterbury Park. The two horse tracks also disagree about how the proposed racinos should be regulated. Canterbury Park wants the Minnesota Lottery to regulate the proposed racinos, while Running Aces wants the Minnesota Racing Commission to be the regulatory agency.

Governor Mark Dayton has said that he would consider gambling proposals that benefit education and other state needs. He has said that he is not interested in expanding gaming for private interests. Although Dayton has publicly supported a state-owned casino at the Mall of America or in downtown Minneapolis, no such proposals have been introduced.

Gaming expansion would have a drastic effect on Grand Casino Mille Lacs, Grand Casino Hinckley, the Mille Lacs Band of Ojibwe, and many of the people and businesses that work with them.

Get involved

As the state considers gaming expansion, the Band is uniting with its members, employees, vendors, neighbors and friends to help protect our region's economy.

You can join the coalition at the Mille Lacs Band Action Center on the Band's website (www.millelacsband.com). Once you sign up, you will receive updates on the status of gaming expansion discussions in the Minnesota Legislature and might be asked to voice your opinions to your legislators.

Mobile Veterans Center Visits Grand Casinos in April

By Sarah Barten, Grand Casinos public relations specialist

Grand Casino Mille Lacs and Grand Casino Hinckley will host the Department of Veteran Affairs, Readjustment Counseling Service, and the Mobile Veterans Center (MVC) at each casino in April.

The MVC will be parked outside of each casino from 9:30 a.m.-2 p.m. on the following dates:

- Grand Casino Hinckley: Thursday, April 7, and Thursday, April 21
- Grand Casino Mille Lacs: Thursday, April 14, and Thursday, April 28

The 39-foot vehicle is one of 50 vehicles nationwide that deliver veterans' services to underserved locations. Services include individual, group, marital, family and bereavement counseling; medical referrals; assistance in applying for veteran's benefits; employment counseling, guidance and referral; alcohol and drug assessments; information about and referrals to community resources; trauma counseling and referral; outreach; and community education.

Family members of combat veterans are also eligible for vet center readjustment counseling services for military-related issues.

Appointments are available. Walk-ins are also welcome and will be served on a first-come, first-served basis.

For more information regarding the Mobile Veterans Center, please contact Neil Krenz or Steven Arndt at the Brooklyn Park Veterans Center at 763-503-2220 or 612-387-8904.

Program Encourages Energy-Efficient Light Bulbs

By Scott Hanson, Mille Lacs Band Department of Natural Resources environmental program manager

The Mille Lacs Band Natural Resources and Housing departments are starting a program that promotes the use and recycling of compact fluorescent light (CFL) bulbs. CFLs use less energy than incandescent light bulbs.

As a part of the "CFL Replace and Recycle" pilot project, Band members are encouraged to replace incandescent lights with CFLs in Band-owned rental properties in all districts.

CFLs can also be recycled at all three community centers, all three housing warehouse facilities, and the DNR building.

The "CFL Replace and Recycle" pilot project complements existing eco-friendly measures being implemented by the Housing Department. The project also enhances the Mille Lacs Band DNR's efforts to promote the recycling and appropriate disposal of CFLs.

We hope that this partnership between the Housing Department and DNR will ultimately lead to more opportunities to positively impact the community, the economy, and the environment.

If you have any questions about the "CFL Replace and Recycle" pilot project, please contact Scott Hansen at 320-532-7445 or Richard Hill at 320-532-7415.

Free Hearing Evaluations

To schedule an appointment for **Friday, April 8**, at Ne-Ia-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

Spring Community Cleanup Dates

By Brian Scheinost, director of public works

The weather is getting warmer, which means that it's time for our spring community cleanups. The cleanup events in each district will be held on the dates designated below from 9 a.m.-4 p.m. on Saturday and Sunday and 8:30 a.m.-4:30 p.m. on Monday-Friday. Roll-offs will be located in areas that can be monitored.

Mille Lacs Band Elders will receive free curbside pickup for their community cleanup items. Elders must call Public Works at 320-532-7433 by Friday, April 15, to be placed on the list for a pickup. People receiving curbside pickup must have their piles at the end of their driveways.

District I

The District I community cleanup will take place Saturday, April 23, through Friday, April 29. All roll-off dumpsters will be located at the Mille Lacs Band Transfer Station.

District II: East Lake, McGregor, Minnewawa, Sandy Lake, and Isle

The District II community cleanup will take place Saturday, May 7, through Friday, May 13. Roll-offs will be placed at the East Lake maintenance facility and Isle Chiminising Community Center.

District III: Lake Lena and Hinckley

The District III community cleanup will take place Saturday, April 30, through Friday, May 6. Roll-offs will be placed at the earthworks building located on Highway 48 two miles east of Grand Casino Hinckley, and at the maintenance building across from the Lake Lena Community Center.

Please contact Public Works at 320-532-7433 if you have any questions about the 2011 spring cleanup.

Vainio Family Continues Sugarbush Tradition

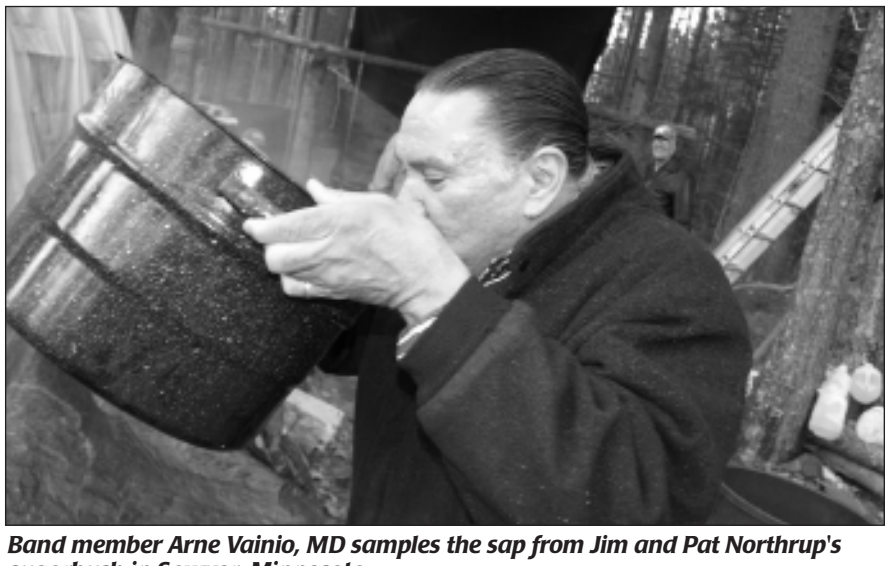

Photo courtesy of Ivy Vainio

Band member Arne Vainio, MD samples the sap from Jim and Pat Northrup's sugarbush in Sawyer, Minnesota.

Photo courtesy of Ivy Vainio

Jim Northrup teaches Band member Jacob Vainio how to add sap to the cast iron kettle. After the boiling of sap was done, Jim and Pat had a feast to give thanks for another good year of sugarbushing.

Medical Transport Service Helps Elders and Homebound

Photo courtesy of Allison Harr

Mary Sam, District I community health representative in front of one of the transportation vehicles.

By Toya Stewart Downey

Anyone who has ever been without a vehicle or access to public transportation knows how challenging it can be to get around. Daily tasks such as buying groceries, visiting a bank, or going to a child's school can be challenging enough, but consider adding other important business such as trying to get to a doctor's appointment due to illness.

One of those burdens has been lifted for Band members who live in all these districts, thanks to the Band's Department of Public Health. In January alone, the department's medical transportation team drove approximately 11,409 miles and served 115 Band members.

For more than six years, the Public Health Department's medical transport service has helped hundreds of people get to their doctor, dental and other medical appointments – and it's all been done without charging the passengers.

"The medical transportation service was designed to help service the homebound and those who don't have other means of transportation," said Lisa Blahosky, director of public health. "It's a supportive service we provide to help our community."

The service is available from 8 a.m. to 5 p.m., Monday through Friday, though some exceptions are made if a person has to be at an appointment earlier or later in the day. There are four transport vehicles in District I, one in District II, and two in District III. Service isn't available to Band members who live in the Twin Cities.

There are regular drivers who operate the transportation service. Other staff within the Public Health Department aren't allowed to drive clients to appointments.

Who is eligible?

"Those who need rides to medical appointments don't need to be public health clients, but they do need to be homebound, Elders, or have no other means of transportation, including having their own vehicle or family member to transport them. It was never meant to be a taxi service, but a way to support those without access to transportation," Lisa said.

In the past, people with transportation have called for rides because they didn't have gas money or they didn't want to drive very far with their own vehicles.

Those reasons for relying on the medical transportation service aren't valid, and they take away resources from those who rely on the services, Lisa said.

Policies

One of the policies is that those who receive medical service must have their provider sign a form that shows they've been seen. Also, if a person routinely schedules rides, but fails to cancel them and are no-shows, their privileges are revoked.

Another recent change is that the program no longer provides gas vouchers. Also, those passengers who have children requiring car seats or booster seats must provide them in order for the child get a ride. The transportation services doesn't offer them.

Appointments

To schedule appointments, Band members should call their community health representatives:

- District I – Mary Sam, 320-532-7815
- District II – Eileen Farrah, 218-768-2389
- District III – Donna or Francine, 320-384-0149

The appointments tend to fill up quickly, so those who need rides should call two to three days in advance.

"Usually, it's just one person we're transporting at a time, but sometimes we ask people to schedule their appointments around the same times if we have to drive greater distances," Lisa said.

For example, those who need rides to St. Cloud or the Twin Cities might be asked to get appointments within the same time frame to help save on gas and resources. Band members won't be asked to change their appointments unless the transportation service is booked and can't accommodate them.

"We're not saying no because we don't want to help, it's because we can't accommodate them," added Lisa.

In addition, Lisa added that transportation out of the service area is available if public health receives a referral from a local provider. Transportation appointments out of the area should be made no later than 1 p.m. to allow for travel time.

Other responsibilities of those being transported:

- Clients must be ready at the specified time and place of pickup.
- Clients who are intoxicated or under the influence of an illegal substance cannot be transported.
- Individuals under 18 years old must be accompanied by a parent, guardian, or specified family member.
- Physical, verbal or threatening behavior will not be tolerated.
- A car seat must be provided.

Circle of Health Update

By Circle of Health staff

Private coverage

In the event that you have attained coverage from an employer or any other source, it is important to immediately contact your claims processor and inform him or her of the effective date.

Private coverage plans paid on your behalf are expensive, and in most cases our office is unable to retrieve any premiums made back to the new coverage effective date. The result is that two plans were paid on your behalf, so if a submission is made to reimburse premiums, it will be denied.

Annual updates/Circle of Health cards

We have received many updates this year, and the names of those we received by February 15 were entered into our drawing for a $50 and $25 gift card. Our forms have been updated, and we now can receive your forms by fax or e-mail.

If you need new Circle of Health cards, please send us completed forms and copies of the front and back of your insurance cards. There is an area to indicate that you need new cards halfway down the enrollment form. If you have already sent in your enrollment form and would like new cards, please call your claims processor.

As always, please show your Circle of Health program card at every visit. If you get a diagnostic test, you will need to wait until you receive the statement, call the 800 number on the statement, and provide your Circle of Health information. It is not the responsibility of the original provider or physician to ensure that this information is provided to the outside source if x-rays, MRIs, or any other scans are referred.

Contact information

Please allow a two- to six-week grace period for reimbursement claims from the date of submission. If you have any questions, please contact David Boyd (A-L), Roberta Lemieux (M-Z), or Michele Palomaki, director of Circle of Health, at 320-676-8214 or 800-491-6106.

Vandalism's High Cost and Consequences

By Toya Stewart Downey

It was move-in day. The appliances had been installed, the paint was dry, and the workers had finished the last-minute details earlier in the week.

But before releasing the keys to the new tenants, the Housing Department workers needed to conduct one final walk-though.

Upon opening the door, they discovered that the house had been vandalized. Paint was thrown everywhere.

"It was a HUD home. We had a family that had been on the list for a long time, and they were anxious to move in," said Band Housing Director Arlene Weous. "So when we discovered the damages, we had to repaint everything and replace the carpet."

This wasn't just a random case of vandalism. It was one of many incidents that have occurred during the last year, according to the Housing Department.

"The problem has gotten worse in the past nine months," said Arlene. "District III has become a high vandalism area. We've had five properties vandalized in that area."

"Appliances are disappearing, windows have been busted, graffiti has been written on the walls, and we just don't know why this is happening," she added.

So far, no one has been caught, and no one has been charged with the crimes. Yet the consequences are great. Not only does it cost the Band more money and take the workers more time to make repairs – it also means that families are displaced.

"It takes two weeks to order supplies, clean up, and redo the work," Arlene said. This is in addition to the time it takes away from other projects that the department is responsible for, as well as the budgets for those other projects.

Besides affecting the families who are set to move into the properties, it affects the pride and the morale of the workers, Arlene said. "We all ask ourselves, 'Why would people do this?'"

In one instance in District I, the Housing Department staff had just extensively rehabbed a home. It was one of the first projects the Tribal Renovation Team had done. The same day they were going to turn the keys over to the family, they discovered vandalism. Paint was thrown on the floors and appliances, the windows were broken, and graffiti was everywhere.

"It took us one week to clean up," said Arlene. "And what ends up happening is that it has a domino effect on the community, because we can't move people into houses."

"Vandalism doesn't just affect the property, it affects everyone – the families who are moving in, the workers who have spent time fixing the homes and getting them ready for Band members, and the community – because it costs our government money," she said.

Anyone with any information regarding the vandalism incidents is asked to call tribal police at 320-532-3430 to file a report.

Heating, Water, and Other Home-Related Maintenance Problems

If you live in a Mille Lacs Band Housing-maintained home, call for housing maintenance service in your district. During regular business hours, please call our customer service representative at 800-709-6445, ext. 7799. If you live in a home not maintained by the Mille Lacs Band and need assistance after hours with utilities or heating, please call 866-822-8538. Press 1, 2 or 3 for your respective district.

My Ojibwe and Finnish Heritage

Following is an excerpt of an article written by Mille Lacs Band member Dr. Arne Vainio for News From Indian Country.

My Ojibwe grandmother was dying. Years of alcohol had done irreparable damage to her liver, and now her kidneys were failing. My grandfather and my mother were there with her. I felt uncomfortable visiting with her, as she had never really been very nice to me and had never missed an opportunity to tell me that I was useless.

Still, I wanted her approval. Just days earlier I had decided to quit my job at the Virginia Fire Department and go back to college to chase a new dream of becoming a doctor. I hadn't told any of my family about this; I told my mother and grandfather about it at my grandmother's bedside. My mother knew this meant I wouldn't be able to help her make house payments anymore, but she told me she was proud of me and that we would find a way to make ends meet.

I bent over my sleeping grandmother and spoke directly into her ear. "Grandma, I'm going to quit my job and finish college. I want to be a doctor and I'm going to apply to medical school."

She was quiet for a long time; I wasn't sure she heard me. Finally, she opened her eyes, looked at me, and motioned me to come closer. I leaned over her to hear what she had to say. She took a slow breath and said, "You act like you're white."

In spite of the way she had always treated me, this really hurt and took me completely by surprise. That was more than 20 years ago, and I still remember it like it was yesterday.

My grandparents on my father's side emigrated from Finland in 1902 and 1908. I remember being a little kid and being in my grandparents' house. My Grandma Vainio had a wood-burning cook stove going every day of the year, and she was always baking bread. We were her only grandchildren. She loved us all, and she was one of the most wonderful people I have ever known. With my father's suicide when I was four years old and my Finnish grandparents dying when I was young, I lost my connection to my Finnish side.

Being Indian isn't easy for a kid. Not being fully Indian is even worse. I wasn't Finnish, and I wasn't Indian. Half-breed. Finndian. Every time I had to change schools or jobs, this would be an unspoken issue. Sometimes it actually was spoken; those interactions hardly ever went well.

With my mother being traditional Ojibwe, most of my Finnish heritage took a back seat, and I really didn't think about it that much. By the time I applied to medical school, I applied as an Ojibwe student. I identified myself as a Native American physician right from the start, and I'm proud of that fact.

It wasn't me who awakened my Finnish side. My wife, Ivy, took an interest in genealogy after our son was born. She traced my Ojibwe heritage back to boarding school times, but she also traced my Finnish side back to the 1700s.

This summer, FinnFest 2008 was in Duluth, Minnesota, with more than 10,000 people attending. There is a strong Finnish/Ojibwe connection, as many of the early Finnish immigrants married Ojibwe people; their values were surprisingly similar. At the opening ceremonies, Fond du Lac Tribal Chair Karen Diver spoke of embracing both sides of your heritage and being a whole person. I've never heard anyone say that so well.

My Grandfather Vainio was born in Jaala, Finland in 1878, and the rest of his family was born in Iitti, Finland. Journalist Silja Talvi was raised in Finland, and her family still has a cabin in Iitti. We went to her talk and met her afterward. Immediately there was a strong connection between us, and we've been e-mailing each other ever since.

I was quoted in an article in a newspaper in Helsinki, Finland, which was read by Finnish journalist Rauli Virtanen. He called me and flew to Minnesota to explore the Finnish/Ojibwe connection for Finnish television. We spent two days together; he was constantly filming and looking for historical records and photographs. This started as an interview, but we parted as friends.

I'm proud to be an Ojibwe physician. But maybe my Ojibwe grandmother was right. Maybe I do act like I'm white. That's my Finnish side. I'm glad it's there.

To view Arne's entire article, visit www.indiancountrynews.com and click on the food and health section.

Simple Tips for Clean Indoor Air

By Housing Department staff

Maintaining clean air in your house is crucial to your family's health. Here are some easy ways you can keep the air in your house clean.

Furnaces

Furnace filters remove everything from large pieces of dust to microscopic mold spores and pollen from the air. Furnace filters should be changed every 20 to 60 days, depending on the amount of dust in the air. The furnace intake and exhaust should also be checked every three months to ensure that the ports are free of debris that may be obstructing them.

Dryer exhaust

Dryer exhausts, which are located outside of homes, need to be cleaned on a monthly basis and dryer exhaust ducts should be cleaned every 6-12 months. Lint buildup will not only prevent your clothes from drying properly, but it may make the exhaust too hot and catch the trapped lint on fire.

Bathroom exhaust

In addition to removing moisture from the air, bathroom exhaust fans collect the dust that is in the air. This decreases the amount of moisture the fans remove from the bathroom air. Clean bathroom exhaust covers at least once every three months, and have the exhaust duct cleaned every 1-3 years.

Range hood exhaust

Range hood exhausts, which remove excess steam and combustion gasses from your kitchen, have a metallic grease screen that needs to be cleaned on a monthly basis. Due to some kitchen configurations, range hoods may recirculate the air into the house through a charcoal filter. This filter should be changed every 3-6 months.

ERV/HRV

Some homes are equipped with heat exchangers, either energy recovery ventilation (ERV) or heat recovery ventilation (HRV). Typically these units have a sponge pre-filter and a filter core that need to be cleaned periodically. The sponge pre-filter should be removed, washed, and placed back in the heat exchanger monthly. Filter cores vary by design, so check with the manufacturer's instructions. ERV and HRV intake and exhaust ports also should be cleaned of debris every three months.

Mille Lacs Band Officials Visit With Senator Franken

Photo courtesy of Elizabeth Scott

Band member Carla Big Bear, Chief Executive Marge Anderson, Local Community Coordinator Elizabeth Scott, and Deputy Assistant Nancy Wood visit with Senator Al Franken during a recent trip to Washington, D.C., for the National Congress of American Indians (NCAI) conference.

Thinking About Quitting Smoking?

Do you need help quitting smoking or staying tobacco-free? Call the Gego Zagaswaaken (Don't Smoke) Program. We provide support and education for people trying to stop smoking. We help you set goals and develop coping strategies. For more information, contact Roberta Ladd at 320-532-7812 or visit us at the Public Health Building.

Wisdom Steps Conference

Wisdom Steps is now accepting nominations for the Alan Allery Award. Local award winners will be invited to the 11th Annual Wisdom Steps Conference on June 14-16 at the Shooting Star Casino & Events Center.

We are seeking community members who are active in health initiatives and practice good preventive health. Community members or organizations can send their nominations to:

Mary Snobl
1794 County Road 9
Tracy, MN 56175
marysnobl@LLWB.coop
507-629-4734

Shauna FourStar, MCT/MIAAA
PO Box 217
Cass Lake, MN 56633
sjenkins@mnchippewatribe.org
888-231-7886

Tribal Noteboard

Happy April birthday to:

Eddie Jr. on April 23, with love from Deloris and Cheveyo • **Bear and Brandon** on April 1, with love from Mama Bear • **Trina** on April 9, with love from Auntie Barb and the rest of your family • **Lindsey Sam** on April 20, with love from Auntie Barb • **Chaddy Skinaway** on April 20, from Gabby Rose, Barb, Grandma, Dana, Dave, Tanya, Junior, BayBay, Prince, Trinity, Jay, Matty, Rainy, Val, Lil Niss, Wayz, Aniyah, Double, Herb, Elle Nevaeh, Jaxin, Tommy Lee, Dad, Grandma Tisha, Lance, Josh, Jim, Owen, B-Dub, Diamond, Silas, OJ, "Big Hip," Tina, Dulce, Jose, APB, Paul Bunny, and the rest of your family • **Ticc-Dog**, on April 15, from your boo, Joanna, Lynne, Pops, Picc, Liz, Leroy, Mallory, Bear, and Dillon Jr. • **Bear** on April 1 from your sister, Ticc, and Fronco • **Eva** on April 4, from Mom, Tyson, Jon, Tiffany, Evan, Susan, Colleen, Maggie Sue, Papa Lenny, Dad, Evelyn, Macoonz, Evan, and Jazmyn • **Amy LaDue** on April 2, from Lenore, Tyson, Tiffany, Eva and Jon • **Teri** on April 15, from Lenore, Tyson, Tiffany, Eva and Jon • **Kelsey,** 17 on April 8, from Mom, Rylie, Cyrus, Ryan, Lenore, Tyson, Tiffany, Eva, Jon, and the rest of your family • **Juice** on April 14, from Dayaunna, Morgan, Tanya, Charles and Chandler • **Rodney**, 49, with love from Judy, Valerie, Samantha and Sarah • **Jean** on April 1, with love from Niss and family • **Aiva**, 4 on April 26, with love from Mom, Dad, Mark, Emery, DeBreanna, Grandma Tracy, Shelby, Jarvis, Max Bean, Sharon, Wally, Raven, Melodie, Grandma Agnes, Papa Jim, Abby, Jake, Mike, Carla, Kenny, Karen, Heather, Amber, Jayla, lileah, Valerie, Mariah, Baby Kev, Nicole, Chris, Buddy, Cordell, Jameson, Mickey, Phillip, Nadene, Charlotte, PJ, Whitney, and Blake • **Aliyah Jade** on April 7, from Mom, Papa Toby, Boosh, and Cheyenne • **Hayden Lynnae** on April 20, from Grandma Judy, Boosh, and Cheyenne • **George Jackson Jr.**, 30 on April 10, from your family in Minneapolis • **Don B** on April 4, from Waylon and Rachel • **Cilla B** on April 28, from Waylon and Rachel • **Alicia Barnes** on April 28, with love from Nancy Gahbow • **Erin Joy Cash**, with love from Nancy, Kyla, Albert and Dakota • **Albert**, with love from Mom, Kyla Lynn, and Dakota • **Luther**, from your family • **Kasey Lynn**, with love from Nancy, Bundy, Kyla and Dakota • **Nelly Bean**, from your family • **Corky**, with love from Goats, Ky-Ky, Bundy, and Co • **Dad** on April 5 from Vannie and George • **Uncle Ed** on April 23 with love from Reuben, Cedric, Cedar, Caiarah, and Cyliss • **Uncle Johnny** on April 6 with Love from Vannie, George, Reuben, Cedric, Cedar, Caiarah, and Cyliss • **Aunt Jackie**, from Vannie, George, Reuben, Cedric, Cedar, Caiarah, and Cyliss • **Grampa**, with love from Reuben, Cedric, Cedar, Caiarah, and Cyliss.

Happy April birthday to Mille Lacs Band Elders!

Marge Anderson
Dorothy Aubid
Terry Beaulieu
Donivon Boyd
Russell Boyd
Wayne Boyd
Peggy Bush
Sharon Chavarria
Vincent Cody
Nancy Foster
Reginald Garbow
Barbara Grey Bull
Duane Haaf
Gwendolyn Hanold
Arleen Hunt
Darryl Jackson
Elsie Karsjens
Evelyn Kegg
Raymond Kegg
Rayna Mattinas
Ada Merrill
Louis Merrill
Bonita Nayquonabe
Russell Nayquonabe
Gloria Nickaboine
Sherry Nielson
Donald Oswaldson
Jeannette Oswaldson
Lorraine Sam
Darlene Savage
Gloria Songetay
Gail Tyson
Leonard Wind

Thank you

I would like to thank my family and friends who were there for me during the loss of my baby son, **Ledger Dwayne Skinaway**. A special thank you to my sister Dana for everything you did. I couldn't have made it without you. Thanks to my mom for all your love and support; no words can ever express my feelings during this hard time. *With love from Meany, Elle Nevaeh, Jaxin, Tommy Lee, Chaddy, Lance and Gabrielle.*

• • •

I can't begin to thank you all for the generosity and support from people who donated food, money, plants and flowers during the recent hospitalization and death of my daughter **Cari Lynn Mitchell**. You all will be remembered for the support, the kind words, and everything you did for us. In times like this you find the people who really care. You treat people right and you get it back. She will be greatly missed by me and my family. *From Bea Mitchell and family.*

In memory

In memory of **Deanna Marie Anderson** – June 22, 1993-April 24, 2010

Hey, my girl, still hard to believe it has been a year. We miss you so much, always laughing and joking around and having so much fun. You lived life to the fullest, we miss your smile and the sound of your laughter. Although you're in a better place, we think of you every day. And until we meet again, Native Angel, the memories are forever in our hearts. With love from *Day, Herb, Chaddy, Tonya, Tina, and your family in Isle.*

• • •

In memory of **Valerie Ann Skinaway "Auntie Cookie"** – July 14, 1948-April 24, 2003

My dear sweet auntie, not a day goes by that I don't think of you. I miss your beautiful smile and laughter. Thinking of all the good times we had always brings a smile to my face and tears to my eyes. You're the best and we miss you very much. Words can't express how much we love you. Always in our hearts, *from Meany Girl and family.*

• • •

Arthur Wesley Gahbow – April 26, 1935-April 11, 1991

Daddy, it has been a long 20 years, and you are still missed every day. I wish you were here to be with us, to see what you did for us and the Mille Lacs Band. I want to say thank you. Love and miss you, *from Janet, Peter, Harold, Tami, Nancy, Tommy, Erik, Alena, Sheena, Rayna, Jared, Judy, and the rest of the family.*

Obituaries

Emma Mason
Born – 10-22-1925
Died – 2-21-2011
Lived in McGregor, MN

Patrick Wayne Losh
Born – 5-15-1958
Died – 2-23-2011
Lived in McGregor, MN

Jeremee Jon Kraskey
Born – 6-23-1978
Died – 2-26-2011
Lived in Walker, MN

Cari Lynn Mitchell
Born – 4-2-1971
Died – 3-13-2011
Lived in Onamia, MN

Recipes of the Month

Recipes are provided by Chris Kegg, Mille Lacs Band nutrition education assistant

Cornbread or Corn muffins

Ingredients

- 3/4 cup cornmeal
- 1 1/4 cup skim milk
- 1 egg, slightly beaten
- 3 TBSP oil or melted margarine
- 1 cup flour
- 1 TBSP baking powder
- 1/2 tsp salt
- 1/4 cup sugar

Directions

1. In a medium bowl, mix together the cornmeal, milk, egg, and oil or margarine.
2. In a large bowl, mix together the flour, baking powder, salt, and sugar.
3. Add the cornmeal mixture to the flour mixture. Stir until combined. Pour into 8-inch square pan or muffin tin. Use a nonstick pan, or grease your pan slightly.
4. Bake at 400 degree oven for 20 minutes (15 minutes for muffins), or until slightly browned.

Corn chowder

Ingredients

- 1 cup chopped onion
- 1 TBSP butter
- 2 cups peeled, diced potatoes
- 1 green pepper, chopped
- 2 cans cream-style or whole kernel corn
- 3 cups milk

Directions

1. In a 3-quart saucepan, saute onion in butter over medium heat for five minutes or until golden brown.
2. Add potatoes and green pepper.
3. Cook and stir for three minutes.
4. Add corn and milk.
5. Bring to a boil.
6. Reduce heat and simmer 15 minutes, or until potatoes are tender, stirring occasionally.

Upcoming Mille Lacs Indian Museum Events

Kids craft workshop

Children can learn a basic stringing technique while they bead a ring to take home. Please allow an hour to make the ring. This project is recommended for children ages 8 and up.

The workshop costs $3 per kit. This workshop will be held on Saturday, April 9, from 11 a.m.-3 p.m.

Beading 101 workshop

Learn basic beading styles and techniques in this two-day workshop. Necklaces and bracelets are examples of items that can be created. This class will be held on Saturday, April 16, from noon-4 p.m. and Sunday, April 17, from 10 a.m.-2 p.m.

The workshop costs $60 for the general public and $55 for Minnesota Historical Society members and Mille Lacs Band members, plus an additional $15 supply fee.

A light lunch and refreshments will be provided. A minimum of five participants are required to host the workshop. Registration is required by April 13. Please call 320-532-3632 for more information.

Dancing and Diabetes

Part four of a traditional health series by Mille Lacs Band Elder Herb Sam

The drum has been called the heartbeat of Mother Earth, and dancing is a way of experiencing that heartbeat. Dancing can help you feel the connections with your ancestors. It also helps you feel connected with your children, grandchildren and others at the powwow. It is for them you are managing your diabetes. Some have found dancing lowers their stress and helps control their blood sugar long after the dance. To get the most from your dancing, consider the following:

- If your dancing is quite strenuous, and you are taking diabetic medications such as insulin or oral drugs that stimulate insulin production, you may need to add some carbohydrates to your diet to avoid low blood sugar levels.
- The low blood sugar effect may be delayed several hours; test and eat after dancing.
- Very strenuous exercise can dehydrate you, resulting in elevated blood sugar. Try to get your blood sugar under control before dancing.
- If your blood sugar is below 100, eat a snack to increase it before dancing.
- Regardless of your blood sugar, drink plenty of water. Regalia can get very hot. Drink extra water to avoid dehydration and high blood sugar levels.
- Have someone at the dance who is aware of your diabetes. Wear a medical alert ID, and carry a fast-acting source of sugar.
- Make sure your shoes are comfortable. Wear moccasins with hard soles or insoles along with thick socks. Check your feet after dancing.
- Talk with others who have diabetes and dance. Don't stop dancing just because you have diabetes; it may be just the medicine you need.

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

"The story as it's told."

Kelly Sam, Editor
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255 East Kellogg Blvd., Suite 102
St. Paul, MN 55101

Please provide news tips and other information by the 15th of the previous month.

Moccasin Telegraph

The jingle dress as dreamed

By Larry "Amik" Smallwood, Mille Lacs Band Elder

The following article appeared in the June 4, 2003, issue of the Mille Lacs Messenger. *It is being reprinted with the* Messenger's *permission.*

If you've ever been to an Indian powwow, you've probably noticed the dancers' regalia – the beautiful and colorful clothing, jewelry, headdresses and moccasins they wear. One of the most well-known kinds of powwow regalia is the women's jingle dress, and the story is that this kind of dress was first seen here in Minnesota at Mille Lacs.

The story I was told about the jingle dress came from one of our Elders, who said that about 100 years ago, there was a man living in Mille Lacs whose daughter was ill.

The Mille Lacs people were getting ready for one of our big drum ceremonies, and before the ceremony, the man began having a recurring dream. In his dream, four women were wearing dresses decorated in a way he had never seen before. One dress was black, one was blue, one was red, and one was either yellow or green. All of the dresses were adorned with small, round pieces of metal that had been rolled up at one end so they looked sort of like little cones. In the man's dream, the women were dancing in these dresses.

The man told his wife about the dream, and together they made the four dresses. Then he showed his wife how to dance in the dress, and she showed the four women he had dreamed about.

When it came time for the drum ceremony, the man and his wife brought their little girl. They sat at the ceremony, and the girl laid on the floor because she was so sick.

After the ceremony was over, the man got up and told the people about his dream. Then he brought out the four women and said they were going to dance in the style he had dreamed about. The drum started, the people began to sing, and the women danced.

And the little girl perked up. She lifted her head and watched the women dance. As the evening went on, pretty soon she was sitting up and watching. And before the night was over, the little girl was so moved by those jingles, she was following the women and dancing around.

If you've ever seen a jingle dress, you can imagine why. Jingle dress dancers carry themselves in a very ladylike manner, both in and out of the dance circle. Their dance steps cause the metal cones to chime together like tiny bells. Some people have said the sound is like rain falling on a tin roof.

The jingles were originally made from the lids of snuff cans people had collected. Nowadays, you can order the lids from the snuff companies. And the dresses, which were once all solid colors, are sometimes multicolored. Also, the dance can be fancier, whereas originally the women just danced in a forward, side-to-side motion. These changes are because the jingle dress has traveled, and there are many variations of the dress as well as the story.

In fact, another story goes that a woman in Canada had the same dream as the man at Mille Lacs at about the same time.

Most people associate the jingle dress with Mille Lacs, though. And because of the story of the little girl, some people adopted the jingle dress as a healing dress.

Calendar of Events

April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Purchase Tickets* **Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com	*If you would like an event included in the community calendar,* **please contact Kelly Sam at 651-292-8062** *or write to Kelly at* **kelly@goffpublic.com**		**Narcotics Anonymous** District I Community Center 6-7 p.m. Every Wednesday		1	2
3	4 **Happy 20th Anniversary, Grand Casino Mille Lacs!** **Pine Grove Leadership Academy Meeting** 5 p.m. Contact: Amiliya Zago, 320-384-7598 **AMVETS Meeting** Grand Casino Mille Lacs, 6 p.m. Contact: Ken Weyaus, 320-309-6925	5	6	7 **Talking Circles** District I Community Center 5:30 p.m., Contact: KC Paulsen, 320-532-4046	8 **The Platters, Coasters and Marvelettes*** Grand Casino Mille Lacs 8 p.m.	9 **Kids Crafts** Mille Lacs Indian Museum 11 a.m.-3 p.m. **The Guess Who with Chuck Negron*** Grand Casino Mille Lacs 8 p.m.
10	11	12	13 **District I Community Meeting** District I Community Center 5:30 p.m. Contact: Judith Ballinger 320-532-7423	14	15	16 **Beading 101 Workshop** Mille Lacs Indian Museum 12-4 p.m. **George Jones*** Grand Casino Hinckley 7 p.m.
17 **Beading 101 Workshop** Mille Lacs Indian Museum 10 a.m.-2 p.m.	18	19 **District II Leadership Academy School Board Meeting** 4 p.m. Contact: Raina Killspotted, 218-768-2345	20 **District III Community Meeting** Grand Casino Hinckley 5:30 p.m. Contact: Katie Draper, 320-384-6240	21 **Talking Circles** District I Community Center 5:30 p.m., Contact: KC Paulsen, 320-532-4046	22 **All government offices closed for Art Gahbow Day**	23
24	25	26	27 **District IIA Community Meeting** Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320-676-1102	28 **Urban Area Community Meeting** All Nations Indian Church, 5:30 p.m. Contact: Barb Benjamin-Robertson, 612-872-1424 **District II Community Meeting** East Lake Community Center 5:30 p.m., Contact: Jenny Waugh, 218-768-3311	29	30
May 1	2	3	4	5	6	7 **Sawyer Brown*** Grand Casino Mille Lacs 4 p.m. & 7 p.m.

"What Does It Mean To Respect Elders?"

Marge Anderson

"You have to earn respect. It needs to be reciprocal. I don't tell people you have to respect me because I'm an Elder."

Oleia St. John

"You should help them out, show them respect and honesty, and if they ask you to do something, you should do it with no questions asked."

Patty Sam

"Treat them the way you want to be treated."

Herb Sam

"People should respect everyone. That's my feeling about it."

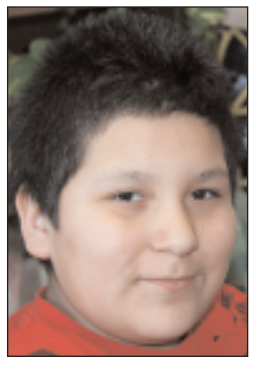
Blake Alexander Ford

"What it means to respect your Elders is accepting that they are smarter than you, and they are trying to help you. You have to respect them by being nice and caring."

Chelsea Benjamin

"You should listen to them when they're speaking and no fooling around. You should serve them first. And you should put tobacco out for them."

Wyatt Oswaldson



"You respect Elders because they have a lot of experiences in their past. They know a lot about our culture, and they're important to us."

Dave Matrious

To remember each and every Elder has lived through hard times and through good times. They can share their experiences with you. Know that the Elders preserved our values, culture and language for future generations, and you can learn from them."

Photos by Toya Stewart Downey

Mille Lacs Band Celebrates Treaty of 1837

More than 600 Band members and community members attended the Treaty Rights Celebration on March 24 at Grand Casino Mille Lacs. The event celebrated the Treaty of 1837 and the Supreme Court victory that reaffirmed the Band's treaty rights.

The event included lunch at the Grand Buffet, a scavenger hunt, video games, a coloring contest, the moccasin game, and karaoke.

The Mille Lacs Band DNR, Great Lakes Indian Fish and Wildlife Commission (GLIFWC), and other groups had interactive, educational booths at the event.

The event also included prize drawings for $25, $50 and $100 gift cards to Mille Lacs Band businesses, fishing and camping equipment, wild rice, and nets.

Band Elder Larry Wade teaches others how to play the moccasin game.

Carmelena and Mataeo Mitchell colored pictures for the coloring contest.

Faculty and students from the Pine Grove Leadership Academy traveled from District III to attend the Treaty Rights Celebration.

Band youth sang karaoke at the Treaty Rights Celebration.

Photos by Toya Stewart Downey

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

May 2011 | *"The story as it's told."* | Volume 13 • Number 5

Thousands Rally for Indian Gaming at State Capitol

Secretary/Treasurer Curt Kalk spoke at the "Don't Gamble with Our Jobs" rally at the State Capitol.

Approximately 300 Grand Casinos Associates and Mille Lacs Band tribal government employees joined other Minnesota Indian gaming employees at the State Capitol on Tuesday, April 26, to rally for jobs. More than 3,000 people attended the "Don't Gamble with Our Jobs" rally, which was sponsored by the Minnesota Indian Gaming Association.

Mille Lacs Band Secretary/Treasurer Curt Kalk spoke at the rally about the quality jobs created by Indian gaming. "Minnesota wants to create and maintain outstate jobs. The racino proposal would be devastating to this goal," he said.

Beth Hanlon and Robbie Sawyer, longtime Grand Casinos Associates, told the crowd how Grand Casinos provide good jobs that would not be available without the success of the casinos.

"I have a great job; one that wasn't available 20 years ago," said Beth.

"We need our legislators to protect the jobs that make our communities strong," said Robbie.

Ernie Stevens, chairman for the National Indian Gaming Association, echoed Beth and Robbie's comments: "The benefits of Indian gaming extend beyond the reservation boundaries."

Several state legislators also showed their support for Indian gaming at the rally, including Senators Tom Bakk, Larry Pogemiller, John Howe, and Tony Lourey, and Representatives Lyle Koenen, Ryan Winkler, Tim Mahoney, and Roger Crawford.

"I will not vote for expanded gaming in Minnesota. I have seen the change that gaming has brought to Indian Country," said Senator Bakk.

Several legislators said that they were against expanding gaming because it would compromise jobs in rural Minnesota. More than 40,000 people are currently employed by Indian gaming.

"Jobs are important to Minnesota. We shouldn't pass a proposal that would hurt more than 40,000 jobs," said Representative Mahoney.

Get involved

If you would like to express your support for the rally and Indian gaming, please contact your legislators to oppose gaming expansion proposals that threaten jobs in East Central Minnesota. Sample letters are available on the Mille Lacs Band's Action Center on the Band's website (www.millelacsband.com).

Indian gaming supporters displayed signs at the State Capitol during the "Don't Gamble with Our Jobs" rally. More than 3,000 people attended the rally.

Graduations & Celebrations

The school year is once again coming to a close, which means awards banquets and graduation ceremonies are just around the corner. Following is a listing of upcoming events:

- Friday, May 20 at 10 a.m. – Nay Ah Shing Royalty Powwow
- Thursday, May 26 at 10 a.m. – Fourth grade graduation at Nay Ah Shing Abinoojiiyag
- Thursday, May 26 at 10:30 a.m. – District II Early Education graduation
- Friday, May 27 at 10:30 a.m. – District I Early Education graduation
- Thursday, June 2 at 6 p.m. – Nay Ah Shing Upper School graduation
- Friday, June 17 at 10:30 a.m. – District III Early Education graduation

If you are graduating this year, please contact the scholarship office to make sure you are on its graduation list. For event locations or other information, please call the Nay Ah Shing Schools at 320/532-4695, or the Mille Lacs Band Scholarship Office at 866/916-5282.

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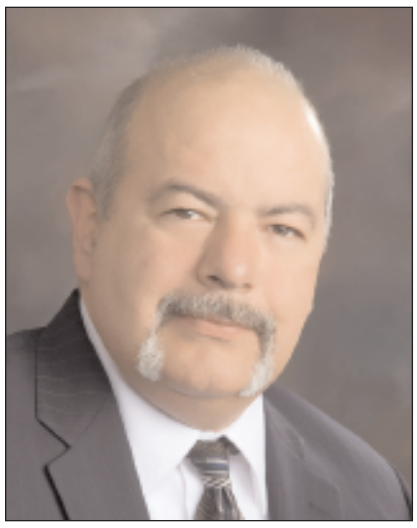
Brad Kalk Talks Natural Resources



Brad Kalk

By Toya Stewart Downey

The significance of his role as the Commissioner of the Band's Department of Natural Resources is ever present as Bradley Kalk weighs in on decisions that affect the community.

Brad, 49, who was sworn in as the DNR Commissioner in January, feels fortunate to be participating in the Band's strategic plan and helping make decisions that will impact future generations.

"You have to be able to look at the next 50 to 80 years and beyond when you're making decisions today," he said. "I believe that I have an opportunity to preserve our environment for my grandkids and for their grandkids."

It was a lesson Brad learned from his predecessors – his brother, Curt Kalk, and Don Wedll, who worked for the Band for more than three decades. Curt was the DNR Commissioner for nine years before he was elected as the Band's Secretary/Treasurer last summer. Brad said both men were also instrumental in developing the Band's Department of Natural Resources.

"Curt opened my eyes to the job, and I learned from watching and talking to him," he said. "Both Curt and Don helped lay the foundation and make it easier for me."

Brad said it's important that Indian people understand the environment's role in their lives and how it's sustained them for generations.

That's one of the reasons that Brad wants to make an effort to educate more Band members about what resources are available to them and how they can use them to help sustain their families while promoting the Ojibwe culture.

"I want people to ask themselves, 'What am I going to do with the resources? For example, if I rice, do I have a processor lined up to process wild rice, or will I do it myself?'

"'Or if they're netting and they collect 50 walleye, what will they do with the fish once they're caught? Or if they get a deer, when will it need to be processed? Is the air temperature right to hang it?'

"I want people to have a plan because I want people to understand the processes that go along with the resources," Brad said. "That way, we can protect the environment, we can continue to have those resources, and Band members can reap the benefits."

Brad admires the bravery and wisdom of the chiefs and leaders who signed the treaties more than 150 years ago in an effort to protect and preserve their land. "When they signed the treaties, they had to trust the treaty and what was written in it," he said.

As long as people don't understand the treaty rights, there will always be questions. Brad says he hopes to be able to provide answers both within the community as well as externally.

Two of the biggest misperceptions are that the Band's treaty rights "aren't fair," and that American Indians weren't promised that they could use the resources for sustenance, he added.

In recent years, more Band members and their families have relied on natural resources due to the poor economy as well as the desire to reconnect with their culture, Brad said.

"There's a stronger interest in culture, so one of my goals is to incorporate more language development into the DNR and use it with our activities," said Brad, adding that the department would like to work with the schools, since they're already teaching Ojibwe.

Brad's love of the environment and its resources came at an early age, thanks to his mother, Loretta Kalk, and his grandmother, Maude Kegg, who helped teach him the traditional ways.

He loves to fish, hunt, trap and net.

"Anything that has to do with the outdoors, I do it. I hunt every opportunity I get. I wish there were five of me in the fall so I could hunt more."

It's that passion that Brad is eager to share with others as he helps find ways to make it easier for Band members to practice the cultural traditions each season.

One example he cited was the difficulty Band members were having getting permits in the outer districts. Too often they had to travel to Mille Lacs to obtain them, which proved to be problematic for many. Now they can get permits in their home districts.

"We have figured out the stumbling blocks and how to make it better," he said. "I'm just looking for a way to help make people's lives easier."

Brad, who has spent most of his life living and working in the Mille Lacs area, has owned a construction business as well as worked for the Band in a number of roles.

When Grand Casino Mille Lacs opened 20 years ago, he was among the first group of workers. He earned the honor of being the casino's first employee of the month. He was in the maintenance department for three years and progressed to assistant general manager and general manager of the casino. Brad also worked at Grand Casino Hinckley as a senior project manager and then returned to Mille Lacs to work at Eddy's Resort.

In addition, Brad worked for the Nay Ah Shing Schools in transportation and maintenance. When the Commissioner of Natural Resources job opened, Brad was working his second stint at the schools and decided to apply.

Brad said that serving as the DNR commissioner will allow him to share his expertise as well as his philosophy about the environment and its resources.

"You better be in tune with what you believe and what you're doing and how it affects the people, the community, and the limited resources with the unlimited want," Brad said.

Brad has served as a board member of the ML Wastewater Inc. and on the Band's housing board. He currently serves on the boards of Woodlands National Bank and Great Lakes Indian Fish and Wildlife Commission.

Brad has been married to his wife, Roxanne, for 25 years, and the couple has six adult children and 12 grandchildren.

Carolyn Shaw Reappointed

Carolyn Shaw

Mille Lacs Band member Carolyn Shaw was sworn in as Commissioner of Administration in early April. Previously, Carolyn served as Assistant Commissioner of Administration for two years.

In her role as Commissioner, Carolyn will manage the day-to-day operations of the tribal government, including administering grants and contracts and overseeing personnel issues and lobbying activities as directed by the Chief Executive.

Carolyn joined the Mille Lacs Band in 2001. She first served as an executive assistant to the Commissioner of Corporate Affairs and then as an associate director in the Band Member Development Department, providing Band members with resources to gain employment and develop their careers.

Before working for the Band, Carolyn served four years in the U.S. Army. Carolyn received an associate of arts degree from Central Lakes College and is working on a bachelor's degree in business through the College of St. Scholastica.

Youth Civic Camp

The Native Vote Alliance of Minnesota is hosting the 2nd Annual Youth Civic Camp on July 24-30 at the Mille Lacs Band Ojibwe Language Camp in Rutledge.

The camp is recommended for youth 13-16 years old.

For more information, contact Elizabeth Scott, Mille Lacs Band local community coordinator at 320-384-4661.

Grant Allows School Garden to Grow

By Toya Stewart Downey

For the past three years, students at the Nay Ah Shing Lower School have been cultivating their collective green thumbs while learning about the benefits of gardening and healthy eating.

Since 2009, kindergarten through fourth-grade students have gained hands-on gardening experience, and learned how to incorporate fruits and vegetables into their diets from healthy food they've produced.

They have also served as ambassadors to their families by sharing the virtues of preparing low-cost nutritious foods.

Now, thanks to a $500 grant, the students in the school's Gardening for Life program will get to expand both their efforts and their learning. The Welch's 2011 Harvest Grant was given to two schools in each state. Five winners received $1,000 each, and the 95 others were each awarded a $500 package that includes garden tools, seeds, and educational materials.

"I need every penny for the garden that I can get, so I apply for every gardening-related grant that I hear about," said Deborah Foye, nutrition services coordinator for the Nay Ah Shing Schools. "I had too many rejection letters from last year's grant applications, so this was a nice morale booster."

Deborah got help writing the grant application from Dana Raines from the Onanegozie Resource Conservation and Development Council.

"In the grant application, Dana and I wrote that we would use the money to create a garden environment that would encourage physical activity as well as nutrition education opportunities," Deborah said.

"We discussed building a grape arbor, sunflower house, and a cucumber tunnel that the kids could run and crawl through. We also explained how we would integrate the topics of nutrition and sustainable agriculture into our curriculum."

Deborah hopes that construction on the projects she has planned will begin this spring or summer. She has also applied for another $1,000 grant that would enable the students to expand the gardens.

The first year, the garden was one 20' by 20' raised bed for vegetables. At the beginning of the 2009-2010 school year, the Department of Natural Resources added another 20' by 20' raised bed for fruit plants.

"We have planted several blueberry, black raspberry, red raspberry, rhubarb, and strawberry plants in about half of the bed," Deborah said.

Students start plants from seed in their classrooms and transplant them in the gardens when the weather permits. Then gardening activities are incorporated into the curriculum throughout the year in science, language, and the arts. The daycare students help weed and maintain the gardens throughout the summer, and help pick the vegetables when they are ripe.

A few of the students in Ray Jackson's third-grade class who have participated in the gardening activities have nothing but praise for the experiences they've cultivated.

Angel Bellcourt said it was "cool because we get to pick stuff!"

Her classmate Carmelena Mitchell added, "We were able to water the garden with a sprinkler, and that was fun."

Another student, June Nadeau, said she enjoyed spending recess in the garden, while another peer, Gini Buckanaga, thought the seedlings were cool.

The Nutrition Services Program uses the produce in taste-testing sessions with the students, explaining the health benefits from each food. Last year, the school added a Three Sisters' Garden to the vegetable garden and incorporated the traditional Ojibwe method of planting.

The goal of Gardening for Life is to introduce youth to gardening, so that they will become informed consumers who engage in the practices of lifelong exercise, gardening activities, and healthy eating.

"Our experience and research show that people who reported planting a garden, picking fruits and vegetables, or playing in a garden as children are more likely to show an interest in gardening as they age," said Deborah. "They are also more likely to include a wider variety of fruits and vegetables in their diets."

Simply put, "Children enjoy eating the foods they grow," she added.

Central Lakes College

Band members complete nursing assistant class

Photo courtesy of Central Lakes College

Five Band members completed a nursing assistant course at Central Lakes College. The graduates were (front row from left to right) Darian Kegg, Maria Powell, (back row from left to right) Sara Rice, Rose Wind, and Naomi Jourdain.

Five Mille Lacs Band members recently finished a three-month nursing assistant course offered by Central Lakes College at the Mille Lacs Health System.

The three-credit course provided the opportunities for immediate employment and career advancement in nursing and other health care industry areas.

"This is an opportunity to encourage American Indian students to see themselves working in the health care profession and providing health services to our Tribal members," said Mary Sam, director of diversity and student affairs for Central Lakes College.

The students also have the opportunity to participate in a home health aide course beginning in June.

Celebration of Nations

Photo courtesy of Central Lakes College

Thomas White and Darrius Barnes danced as the Nay Ah Shing Drum Group sang under the direction of Jack Kingbird during the Celebration of Nations at Central Lakes College.

Several Mille Lacs Band members and Nay Ah Shing School students participated in the second annual Celebration of Nations at Central Lakes College in early April.

The Nay Ah Shing Drum Group performed and several other Band members danced at the event.

The event, which approximately 500 people attended, celebrated diversity and included traditional performances in the Asian, German, African, American Indian, Scandinavian, Indonesian, and Latin American cultures.

Free Hearing Evaluations

To schedule an appointment for **Friday, May 13**, at Ne-Ia-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

MLB Princess Corrin Locke Planning for Future

Photo courtesy of Corrin Locke

Corrin Locke

By Toya Stewart Downey

When she first decided to run for Mille Lacs Band Princess, Corrin Locke had no idea that it would take years to realize her goal. But that's exactly what happened.

It took four tries before Corrin, a senior at Hinckley-Finlayson High School, earned the title at the 2010 Mille Lacs band Traditional Powwow.

"I knew it was something to be proud of and something that would make my family proud, so I kept running until I won," said Corrin, 18. "It took a lot of time, but it was an honor."

Now as the powwow season kicks into high gear, Corrin is eagerly looking forward to representing the Band when she dances at each of the upcoming events.

One of the challenges over the past year has been finding time to attend powwows due to her busy work and school schedule.

"I'm always so excited about dancing," said Corrin, a Jingle Dress Dancer. "And I like to represent the Band as a positive role model."

One of the ways becoming Mille Lacs Band Princess has helped Corrin is that it's given her confidence as a public speaker. "I was really shy," she said, "but I've learned how to talk to people."

That's because in order to run, she had to learn Ojibwe for her speech, sell raffle tickets, interact with Elders and community members, as well as participate in community service. One of her cultural projects was to learn how to make kinnikinnick and another was to pick plums for Elders.

Pursuing the title was hard work, and she admits that the first time she ran she was unprepared. Corrin credits one of her mentors, Clara Jackson, who works at the Immersion Grounds, for helping her get more prepared to run in the subsequent years. Clara also made each of Corrin's dresses.

Since she moved to Hinckley from Walker, Minnesota, four years ago, Corrin has made a strong effort to get to know more about the community and its people – particularly the youth.

"I met a lot of people through the Band's Boys and Girls Club when I worked there for two years and helped take care of the kids," said Corrin, who also worked at Carole's Grand Salon at Grand Casino Hinckley for two years. Both jobs were through the Band's Summer Youth Employment Program.

"It was really helpful to get a job and experience through the Band's youth program. It taught me a lot."

For the past year, Corrin has worked at Grand Buffet at Grand Casino Hinckley.

In spite of her hectic schedule, Corrin has managed to make the "A" honor roll for the past two quarters at school. In fact, she's been on the honor roll throughout high school.

After she graduates, Corrin plans to enlist in the Air Force or attend college. Eventually, she'd like a career in law enforcement. "There are so many options that it's hard to decide, but I know I will make a good choice with whatever I decide to do," she said.

Staying on track at school, getting involved in the community, and finding ways to live a positive lifestyle are all things that she shares with her peers and youth that she interacts with.

"I talk to kids and teens and tell them there are better things in life and to try to stay out of trouble," she said. "I tell them to be responsible and to go to school to get their education. I tell them that they can still have fun to an extent, but that they need to make good choices. As a Princess, it's one of my responsibilities to be a good role model."

University of Minnesota-Duluth Offers Tribal Administration and Governance Master's Program

With the help of Mille Lacs Band Chief Executive Marge Anderson and other Midwest tribal leaders, the University of Minnesota-Duluth has developed a first-of-its-kind Master of Tribal Administration and Governance (MTAG) degree program.

The program seeks to train future American Indian tribal leaders and managers through coursework in the principles of sovereignty, ethics, law, management, budgets and leadership. Tribal language and cultural elements will also be weaved into coursework throughout the program.

Tadd Johnson, who served the Band as a special counsel on government affairs for many years, developed the program as the head of the American Indian Studies Department at UMD.

Collaboration with tribes

In preparation for the program, UMD officials conducted extensive consultation sessions with tribal administrators, elected officials, and organizations in Minnesota and throughout the Midwest to make sure the program's curriculum reflects the growing responsibilities of tribal administrators.

"The Mille Lacs Band and other tribes have experienced significant growth in economic development, administration, and self-sufficiency," said Chief Executive Marge Anderson. "We need schools that will provide the training and development students need to effectively serve their people and build careers in tribal government. The UMD program provides that."

UMD will continue to work with tribal governments on an ongoing basis to improve the program.

"UMD believes in the future of Indian tribes, and we hope this program will help develop tribal leaders who will use the best practices for governance on reservations," said Tadd.

Open houses

The two-year master's degree program will begin in late August 2011 and will feature weekly online meetings and face-to-face weekend meetings at the UMD campus every three weeks. The curriculum and schedule will allow students to continue working while pursuing their degree.

UMD is hosting open houses for the MTAG program on May 13 and June 3. The open houses will be held from 3-6 p.m. at 116 Cina Hall on the UMD campus.

Applications can be submitted online at www.umdmtag.org. Click on the "Apply Yourself" button. You will need to submit an application form, an unofficial undergraduate transcript, two letters of recommendation, and a personal statement (300 words maximum). Applications will be accepted until June 15.

More information about the Master of Tribal Administration and Governance program is available at www.umdmtag.org.

Mille Lacs Band Behavioral Health Department Honored

Photo courtesy of Amanda Nickaboine

The Mille Lacs Band Behavioral Health Department went to visit the White Earth Oshki Manidoo "New Spirit" Center in April. The MLB Behavioral Health department received a plaque entitled "Working together to help our youth."

Energy Drinks – A Quick Pick-Me-Up Or Dangerous Health Hazard?

By Toya Stewart Downey

A mother's story

Call it a mother's instinct that led Nadine Wade to look at the list of ingredients in the high-energy beverage that her grandchild was drinking. She was shocked by what she saw.

"I read the can, and I just about flipped out," Nadine said. "I knew my grandkid was acting goofy, and once I read the can I knew why."

In that particular drink, alcohol was listed as one of the top ingredients – 12 percent to be exact.

That's more than the low-alcohol brew known as "near-beer," or "three-two" beer, Nadine said.

Nadine, who is raising six grandchildren along with her husband, Larry Wade, jumped into action.

"I went over to the store and told the salesclerk not to sell any of the high-energy drinks to my kids," said Nadine, referring to both those that contain alcohol and those that do not.

Then, because she knew the beverages were loaded with sugar and caffeine, she forbade her grandchildren from drinking any of the high-energy beverages at all. She also instructed her relatives not to purchase them for the kids. Finally, she banned her relatives from sharing any drinks or even bringing them into her home.

Discussing the risks

Last month Nadine's message was reinforced by Mike Kettner, a chemical dependency counselor in District III, who discussed the health risks and marketing of high-energy drinks – both those that contain alcohol and those that don't – at the Sobriety Feast in District I.

Most of Mike's presentation focused on prevention awareness so that parents and youth could better understand the marketing trends as well as the health risks that are associated with the non-alcoholic energy beverages . Mike has discussed the hazards of high-energy drinks at three recent Sobriety Feasts.

"It's about prevention, and we need to get information out there so people know what's in these drinks and what they do to a person's body," he said. "It was an eye-opener for me."

The most common ingredient in the drinks is caffeine. On average, it is equal to up to five 8-ounce cups of instant coffee, according to a nutrition study by the Mayo Clinic. The study linked caffeine use to immediate rises in blood pressure, stiffening of arteries, and faster and harder heartbeats.

Intended for athletes

Though current marketing campaigns specifically target young people, the beverages were first aimed at athletes who wanted high-performance outcomes.

Though, Mike said, "it's not suggested that people use these products prior to exercise or athletic events."

Marketers began touting the drinks as containing healthy, natural ingredients such as ginseng, guarana, and ginkgo biloba. They called them nutritional drinks, which led to a rapid explosion in the number of brands, drinks and flavors developed over the last decade.

"It started with Red Bull," said Mike. "And since then you can find them everywhere."

Sugar and caffeine

"Besides having loads of caffeine, they have lots of sugar – mostly high-fructose corn sugar," Mike said. "On average, they have 27 grams of sugar in an 8-ounce can."

"Imagine opening 27 packets of sugar and drinking it, that's what's in those drinks. And that, plus the caffeine, is what makes you think you have energy," Mike said.

Caffeine can disrupt sleep patterns and falsely stimulate the reward and reinforcement system of the brain.

Studies have shown that because adolescent brains are still developing, they can be more vulnerable to the negative effects of the beverages .

A number of scientists are concerned about the beverages' health impacts . The Mayo Clinic study noted that there have been five documented cases of seizures that were associated with the beverages and four documented cases of caffeine-associated death.

The study's authors also caution about the unknown potential long-term effects of the beverages that could include cardiovascular disease, insulin resistance, and diabetes.

Youth consumption

Youth consumption of these beverages is increasing rapidly, and teens are more likely to use the drinks than adults. Increasingly the beverages are targeting youth with hip, cool and trendy campaigns and merchandise.

Recently, a main character on the popular Nickelodeon show, Big Time Rush, told his cast mates that he needed "19 high-energy drinks" in order to be able to complete a series of homework assignments. It's a line that may go unnoticed by the general population, but for teens watching that show, it might resonate in a way that makes them want to emulate the cool character they watch.

Monica Haglund, a Rule 25 assessor/counselor for the Band's Behavioral Health Department, has firsthand experience.

"My 11-year-old great nephew wanted to have a shirt and hooded sweatshirt with the Monster logo on it," said Monica, referring to the name of one of the high-energy beverages. "Some of the clothing and hats are geared to kids as young as toddlers."

Monica said she has noticed that the advertising targets youth, "and the younger ones see the older ones drinking it, and they want to be just like them."

"Rockstar is another big one that targets young kids," she said.

Monica won't purchase energy drinks for the youth in her life. They all know she won't buy it, but they still ask her to.

"I tell them they already have enough natural energy, but they still want it and ask for it, and they may get it from other family members that drink it."

Mike said he hopes that his message about the potential hazards of energy drinks resonates with the community. He wants people to be informed consumers.

"People have to decide if it's for them," he said. "I'm just presenting the information and the facts."

Child Support Services Program to Open in June

By Amy Doyle, director of Tribal Child Support Enforcement

The child support services program will start on June 1. The program will help Band members determine paternity; establish, modify and enforce child support orders; and process income withholdings from employers, and per capita payments.

Cases involving Band members will not be transferred from the county or the state automatically. Band members must apply for services through an application.

Representatives from the program will attend community meetings in all districts to introduce the program and address Band members questions and concerns . Applications for services will be available at the community meetings, which will be held on the following dates:

- May 11 (District III)
- May 25 (District IIa)
- May 26 (District II)
- June 8 (District I)
- June 23 (urban area)

The program offices will be located in the lower level of the Government Center across the hall from the archive office.

For questions regarding the child support services program, please contact the office at 320-532-7755 on Mondays-Fridays from 8 a.m.-5 p.m.

Hands-Only CPR Training

Twelve Mille Lacs Band employees have completed the American Heart Association's hands-only CPR instructor training. They will begin training other Band members and employees in hands-only CPR in all districts and the urban area.

"There is no mouth-to-mouth resuscitation involved in this technique," said Monte Fronk, emergency management coordinator for the Band. "Anyone can do chest compressions, which is all that is required for hands-only CPR."

When a person isn't breathing, calling 911 and starting chest compressions within the first three minutes are the most important things that a bystander can do to help, Monte said. Hands-only CPR makes meeting these goals much easier for the average person.

Please watch the *Inaajimowin* for information on classes in your area. To watch a one-minute video on hands-only CPR, visit http://handsonlycpr.org.

TERC Members Learn About Cyber Threats

By Toya Stewart Downey

In April, millions of credit card holders learned that their names and e-mail addresses were accessed without authorization due to a huge security breach at the Texas-based marketing company, Epsilon. It's been called one of the largest breaches in history and hits home for at least two of the state's largest businesses – Target and Best Buy.

While people's names and e-mail addresses aren't critical pieces of information, the impact on people's security could be great if they reply to e-mails from the hackers, who might attempt to defraud customers through spam or phishing attacks, or by taking control of their computers.

Though the news of the breach made headlines, attempts to hack into networks or personal accounts or to shut down systems throughout the world are far more common than people may realize. It happens every minute of each day, Raymond Morris, executive director of the Federal Executive Board of Minnesota, told members of the Tribal Emergency Response Committee (TERC) at a cyber security tabletop exercise conducted on March 30.

"Cyber threats are one of our most critical threats in the country," he said. "It's a worldwide threat that can exploit us and bring us to our knees."

This is why the Band government, schools and departments need to be vigilant in their efforts to protect databases, information and archives, he told the members of TERC.

"It's happened on the federal level, and it's going to get a lot worse before it gets better," said Raymond, citing breaches at NASA, in Louisiana state government, and at Georgia Tech the same day as the TERC meeting.

Some Band employees were part of an attempted hacking scheme in April, when they received an e-mail from someone seeking information and threatening that their Mille Lacs Band e-mail accounts would be deactivated if they didn't comply. Band employees were alerted to the scheme by Clayton Benjamin, a technology specialist, who warned them not to provide any information.

According to analysts, the impact of the breach at Epsilon may not be realized until years from now, as it is likely that fraudsters might wait a while before attempting to connect with the people whose names and e-mails were compromised, due to the worldwide publicity the security breach has attracted.

On average, 100 million computers are compromised at any given time. The greatest national threats come from hackers in China and Russia, as well as from al Qaeda members, who are believed to be more interested in shutting down the United States government than stealing money.

That doesn't mean a security breach won't impact individuals or that people who are "off the electronic grid" are safe from fraudulent schemes. Even they can be targeted in the virtual world. Raymond said his advice pertains to all individuals, whether they use computers personally, professionally, or both.

"The Internet is not secure, and it's not resilient," Raymond said. "The best thing for the Mille Lacs Band to do is to make sure security is tight."

He suggested that data be updated on all computers, firewalls should be as strong as possible, and employees should be trained in cyber security measures. Antivirus protection should be on all computers and should be run daily or as often as possible.

Raymond also advised that the Band be extra diligent in protecting its historical records and its vital records of employees, customers, clients, and Band members.

Both Health and Human Services Commissioner Don Eubanks and Education Commissioner Dennis Olson shared ways their departments are protecting Band members' records. Dennis said that the Department of Education and the Nay Ah Shing Schools take cyber threats seriously and have recently added further security measures to their systems to help protect students and staff.

"We are examining the possibility of moving the school staff e-mail system to a completely web-based mail system. If our server were to ever become compromised, we would still have the ability to operate at full capacity," Dennis said.

He added that many of the departments are required to retain records for a certain number of years, and many Band departments are looking to create an electronic backup of necessary data in case of fire or water damage.

"We must all realize that although data stored electronically can be a good alternative to hard copy records, it must also be protected," Dennis said.

Don said the Health and Human Services Department's conversion to electronic health records makes it more compliant with the Health Insurance Portability and Accountability Act of 1996 (HIPPA) and helps protect confidential client information.

According to Sheldon Boyd, who provides information technology (IT) support to the Department of Health and Human Services – including helping to oversee the conversion to electronic records – the Indian Health Service has a "closed system" administered via the Federal Network Operations Support Center. The system has a high level of security for its connection between the Band's server system and the Indian Health Service in Bemidji.

"Individuals wishing to access our system remotely (including our own employees) must have 'tokens' issued to them," said Sheldon.

"This token is a physical device the size of a small garage door opener and must be activated by pressing the button while someone is attempting to log in to our system from any outside location," he explained. This device generates an encrypted signal and an access and verification code, which allows individuals to get into the Band's system from the outside.

Additional cyber security steps are taken at the federal level.

"I receive reports of cyber attacks every day that affect government entities at the local, state, and federal levels," said Monte Fronk, the Band's emergency manager with the Dept. of Public Safety. "I felt it was important to provide this valuable free training to the TERC members, especially while we are updating our Hazard Mitigation Plan, which needs to recognize cyber security issues."

Circle of Health Update

By Circle of Health staff

Dental coverage plans

Because most dental plans run from January 1-December 31, it is important that you call your provider before you schedule any dental work to find out exactly what is covered and where you are with your maximum benefits.

Dental plans are a type of coverage, not a type of insurance. Once you reach the maximum amount covered by a plan, any additional work will not be paid for by the plan. Any costs incurred would not be considered a co-pay or deductible and would not be paid by Circle of Health.

Minnesota Care

If you are still receiving premium notices from Minnesota Care, please contact your case worker as soon as possible. Last fall, the state enacted a new health provision that exempts American Indians from Minnesota Care premiums.

As soon as the state receives proof of your enrollment in a Minnesota tribe, you will no longer receive premium notices. Additionally, the state is refunding premium payments back to July 2009. These reimbursements need to be returned to Circle of Health. We are is working with the county to identify any Band members who have not taken these steps.

In a few months, Band members will begin to receive yearly update forms from the state. Even though you are exempt from premiums, you must continue to update your information to stay enrolled in Minnesota Care.

Benefit coordinator location change

Dawn Chosa has moved the location of her Wednesday office hours from the District I Assisted Living Unit to the conference room at the Public Health Building, which is located behind the Department of Natural Resources building. Dawn will continue to be available from 10 a.m-1 p.m. This change is scheduled through May.

Dawn will also be available in the other districts on dates that will be determined in the near future. Please contact the Circle of Health for these dates.

Contact information

Please allow a two- to six-week grace period for reimbursement claims from the date of submission. If you have any questions, please call 320-676-8214 or 800-491-6106.

Public Health Update

By Public Health Department staff

Childbirth education classes

The Public Health Department is holding a free childbirth education series. The course, which includes six classes, will help expecting parents understand the normal birthing process, medical interventions associated with birth, comfort measures, breastfeeding basics, postpartum care, and newborn care and safety.

Classes will be held at the community center in each district from 6-7:30 p.m.

- District I: Tuesdays, May 31; June 7, 14, 21, and 28; and July 5
- District II: Thursdays, June 2, 9, 16, 23, and 30; and July 7
- District III: Wednesdays, June 1, 8, 15, 22, and 29; and July 6

Participants who attend all six classes will receive a free car seat. Childcare is provided during the classes.

To register for the class, contact Allison Harr at 320-532-7511.

Community Health Fair recap

More than 160 Band members attended the Community Health Fair in March. Mii gwech to the Health Fair Committee for its hard work.

Thank you to the following people and programs that participated in the Community Health Fair:

- 25 programs with booths that helped community members learn about important health topics, screenings, nutrition, and assistance programs
- Programs and agencies that donated door prizes
- SHIP, Smoking Cessation, Second Hand Smoke, and Family Services programs for the healthy, nutritious lunch
- Anti-tobacco program for donating 250 t-shirts and bags that featured the winning artwork from the Gego Zagaswaaken art contest
- District II Representative Marvin Bruneau and Carmen Greene for loaning tables for the fair, Rob Thompson who transported the tables, and the maintenance staff and the Department of Natural Resources Fire Crew for helping set up tables and chairs.

Spring cleaning tips

Spring is here, which often means spring cleanup time. Cleaning can be a healthy and invigorating activity, but using toxic chemicals to spruce up your house and yard can damage the health and wellbeing of your family and pets.

A common misconception is that any product sold in the grocery or hardware store is safe to use; however, there are many dangerous products on the market.

It is our responsibility as consumers to read labels and inform ourselves about the dangers and appropriate use of each one. Look for key words like "poison," "danger," "warning" or "caution."

When possible, use cleaning products that are plant-based, bio-degradable, and non-toxic. They tend to include citrus, vegetable, and pine oils.

Aerosol sprays also present a health risk because the mist that is produced is very fine and is easily inhaled. It would be better to use a pump spray container.

You can also create your own cleaning products from ordinary household ingredients. These homemade cleaners work just as well as commercial products, cost less, and are more environmentally friendly. Try some of these:

- Toilet bowl cleaner: Mix one cup borax with 1/2 cup white vinegar; let the mixture settle for several hours or overnight before using.
- Tub and tile cleaner: Mix 1/4 cup baking soda with 1/2 cup white vinegar. Use with a soft cloth.
- Vinegar spray: Put 5% vinegar in a spray bottle with water. This mixture kills 99% of bacteria and 82% of mold.
- Floor cleaner: Combine 1/8 cup liquid soap, 1/2 cup white vinegar or lemon juice, 1/2 cup herbal tea, and three gallons of warm water. Swirl until sudsy and wash the floor. Then rinse the floor with one cup vinegar in three gallons of cool water.
- Furniture polish: Mix 1/2 teaspoon olive oil with 1/4cup vinegar or lemon juice in a glass jar. Dab soft rag into solution and wipe wood surfaces.

Names and Faces

Mike Kafka

Mike Kafka, a longtime Isle resident, is the Mille Lacs Band's new executive director of the Department of Labor. The department is in the process of broadening its mission beyond being a workforce center and TANF program, and Mike's set of experiences in education, mental health, substance abuse, and corrections are a good match for completing the transition.

"We will serve more people with more types of barriers that have kept them out of the labor force," he said. "We will provide more educational programming and personal development assistance, with the ultimate goal of helping people overcome barriers so that they can succeed in the workforce."

Joycelyn Shingobe, who had served as interim director of the Department of Labor, will be the director of training and development.

Mike's first career was in teaching in the Isle school system. Since then he has been executive director for the Five County Work Education Council, administrative director for the Five County Mental Health Center, and most recently director of Central Minnesota Community Corrections. He also served three terms on the Isle School Board.

Mike and his wife, the postmaster in Wahkon, raised two sons in Isle. He is a University of Minnesota graduate, with a bachelor's degree in education and a master's degree in business administration/decisions science.

Bea Mitchell

Photo courtesy of Central Lakes College

Band member Bea Mitchell (second from the right) performs in Central Lakes College's Children's Theater production of Tiny Town.

Band member Bea Mitchell performed in Central Lakes College's Children's Theater production of Tiny Town in April. Bea played one of Tiny Town's deceitful villagers.

The Children's Theater is also performing the play for more than 1,200 students during 10 performances in April and May.

Loosely based on the story, Stone Soup, Tiny Town was written by Central Lakes College professor, Dennis Lamberson.

Heating, Water, and Home-Related Maintenance Problems

If you live in a Mille Lacs Band Housing-maintained home, call for housing maintenance service in your district. During regular business hours, please call our customer service representative at 800-709-6445, ext. 7799. If you live in a home not maintained by the Mille Lacs Band and need assistance after hours with utilities or heating, please call 866-822-8538. Press 1, 2 or 3 for your respective district.

May is American Indian Month

The United States has officially celebrated the heritage and culture of American Indians for nearly a century.

In 1915, the annual congress of the American Indian Association approved an official American Indian Day. In 1916, New York became the first state to officially declare the second Saturday in May as American Indian Day.

Several states and the federal government also recognize November as National American Indian Heritage Month.

Regardless of which month you celebrate American Indian Month, it is a time to recognize the intertribal cultures and educate the public about the heritage, history, art and traditions of American Indians.

Chief Executive Youth Golf Tournament

The Chief Executive Office is hosting its annual golf tournament to raise funds for Band youth. The tournament will be held on Saturday, May 21, at Grand National Golf Course in Hinckley. The event starts at 8:45 a.m. and is a three-person scramble. The team must consist of at least two youth age 17 and under.

Registration for each team is $300 (by May 13) or $375 for onsite registration.

A hole sponsorship is $500. The sponsorships are used for educational camps, scholarships and youth activities.

Please contact Kim Kegg or Nancy Wood at 320-532-7486 for any questions or to receive registration forms.

Moccasin Telegraph

My grandmother's crafts

By Viola Hendren, Mille Lacs Band Elder

The following article appeared in the June 18, 2003, issue of the Mille Lacs Messenger. *It is being reprinted with the* Messenger's *permission.*

I remember going out with my grandmother when she would harvest her birch bark and her wiigob, which is the thread used to stitch birch bark when making baskets and crafts. She would always take two or three of us kids with her. She was a little woman, so if she wanted some birch bark that was higher up, the kids would climb up the tree and cut the bark and start peeling it. I don't remember if I did that myself, but maybe I did, because I was a tomboy. We would also find the tree that gives the thread, the wiigob, and we would get long strips of that.

When she had finished gathering what she needed, we would carry it home for her. She had a government house, but in the corner of the lot she built a little wigwam, and that was her real home. That was where she sat all day long with her dog and did her crafts. She made birch bark baskets and souvenir birch bark canoes. She did beadwork as well. She did all different crafts. We didn't bother her when she was busy with her crafts, and I think that was a very enjoyable time for her.

When birch bark is first peeled off the tree, I remember it as being very pliant and easy to work with. I don't know if there was an aging or curing process. But I do remember that when my grandmother would go out to get birch bark, she would get large quantities, so there were always rolls of birch bark in her wigwam.

And when summertime came, she would put a stand out by the highway – old 169 – and she would put her crafts out there, and tourists would stop and buy them. Sometimes us kids were allowed to make little baskets and little canoes, and if they were good enough, they would be hung out there for sale, and we would get our two cents or nickel. That was a big deal for us to sell something.

I know my grandmother made an awful lot of crafts not only for commercial use, but also for her own use. I can remember the birch bark maple sugar baskets, which had the little sugar cakes stored in them. The baskets were a special shape, kind of like a ginger jar, and they had a cover.

Those sugar cakes were our special treat if we did a chore. That was our candy. Some of them had little designs on them, like maple leaves or cones or seashells. And some people just made their sugar cakes in regular muffin pans. My grandmother made her own sugar, and sugar cakes and her own maple syrup, too.

I remember a lot about my grandmother and the crafts she did, and I wish I could go back to those times.

Tribal Noteboard

Happy May birthday to:

Cheryl Jones, 28, on May 15 from your niece and sister • **Jasmine Smith**, 12, on May 27 with love from mom, Jim, Jeanette, Tyrese, Ethan, and Charles Shingobe Sr • **Sunshine Shingobe**, 6, on May 20 with love from dad, auntie, Jasmine, Jeanette, Tyrese, Ethan, and Papa Chuck • **Dawn Shingobe**, on May 13 with love from Jasmine, Tyrese, Jeanette, Ethan, Sunshine, Elvis, Sam, Dan, Hunter, Amber, Charles III, and Jim • **Lesley Davis**, 39, on May 11 from Lenore, Kateri, Kelsey, Courtney, Louise, Frances, Mitzie, Keith, and everyone on Henry Davis Drive • **Jaagaab**, on May 29 from Riley, Krysta, Keith, Elaine Silva, Kateri, Lil Ricki, Justin, Laila, Cheyaunna, Frances, Ricki, and everyone on Henry Davis Drive • **Shannon Davis**, on May 28 from everyone on Henry Davis Drive • **Randy Sam**, on May 4 with love from Mickey, Phil, Nadine, Charlotte, Corey, Whitney, Max, PJ, Leo and Nick • **Leoniece**, on May 11 with love from Mickey, Phil, Nadine, Charlotte, Corey, Whitney, Max, PJ, Leo and Nick • **Johnathan Boyd**, 5, on May 3 with love from grandma and grandpa • **Shayelee Jackson**, on May 10 from mom, Tony, Izannia, Quentin, Geraldine, grandma, grandpa, Destiny, Shakarah, and your uncles • **Izannia**, on May 7 from mom, Tony, Shayalee, Quentin, Geraldine, grandma, grandpa, Destiny, Shakarah, and your uncles • **Kelly Bundee Mitchell**, on May 23 from Sami, Sonny, Jayden, and Jordan • **Brenda Bee**, on May 4 from Sami • **Sam Moose**, with love from your family • **Jillian**, 21, on May 15 from dad, mom, Juni, Roy and Ahnung • **Jessica**, on May 17 from the Garbows • **Vicki Smith**, on May 19 from the Garbows and Smiths • **Molly**, May 16 from Sami, Chi, Bono, Kelly, Jayden and Jordan • **David Leigh Thomas**, 9, on May 25 with love from G'Ma Sami, Chilah, Sonny, Kelly, Jayden and Jordan • **Kimmy Big Bear**, with love from all the girls, and Auntie Sami • **Joshua and Jordan**, 17, on May 25 with love from Heather, Daniel, Thomas Virnig, and Aunt Judy • **Robyn Virgin**, 16, on May 20 from mom, Heather, Daniel and Thomas • **Jeff Matrious**, on May 3 with love from your wife • **Phil Sr.**, on May 23 with love from Mickey, Nadine, Charlotte, Corey, Whitney, Max, PJ, Leo, Nick, Rachel, Waylon, Val, Piah, Lil Kevin, Karen, Grandma AA, Jake, Jarvis, Max Dean, Mariah, Val, Lil Kevin, Nicole, Chris, Jameson, Cordell, Lil Chris Jake, Jamie, Aiva, Marky, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Adam Parker, and DeBrenna • **Val Harrington**, on May 27 with love from Mickey, Phil, Nadine, Charlotte, Corey, Whitney, Max, PJ, Rachel, Waylon, and the rest of your family • **Jarvis**, on May 5 with love from Mickey, Phil, Nadine, Charlotte, Corey, Whitney, Max, PJ, Rae, Waylon, Sharon, Wally, Ravin, Melody, mom, Karen, Grandma AA, Shelby, Max Dean, Mariah, Val, Lil Kevin, Nicole, Chris, Jameson, Cordell, Lil Chris, Jake, Jamie, Aiva, Marky, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Adam Parker, and DeBrenna • **Shelby** on May 9 with love from Mickey, Phil, Nadine, Charlotte, Corey, Whitney, Max, PJ, Sharon, Wally, Ravin, Melody, mom, Karen, Grandma AA, Jarvis, Max Dean, Mariah, Val, Lil Kevin, Nicole, Chris, Jameson, Cordell, Lil Chris Jake, Jamie, Aiva, Marky, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Adam Parker, and DeBrenna • **Doll**, on May 12 from Rachel, Waylon, Mickey, Phil, Nadine, Charlotte, Corey, Whitney, Max, PJ, Sharon, Wally, Ravin, Melody, mom, Karen, Grandma AA, Jarvis, Max Dean, Mariah, Val, Lil Kevin, Nicole, Chris, Jameson, Cordell, Lil Chris Jake, Jamie, Aiva, Marky, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Adam Parker, and DeBrenna • **Taylor Paige**, on May 19 from Rachel, Waylon, Mickey, Phil, Nadine, Charlotte, Corey, Whitney, Max, PJ, Sharon, Wally, Ravin, Melody, mom, dad, brother, Karen, Grandma AA, Jarvis, Max Dean, Mariah, Val, Lil Kevin, Nicole, Chris, Jameson, Cordell, Lil Chris Jake, Jamie, Aiva, Marky, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Adam Parker, and DeBrenna • **Mary Sam**, on May 15 from Rachel and Waylon • **Jasper Jax**, on May 15 with from love Rae and Waylon • **Uncle Dale Balls**, on May 10 from Rachel and Waylon • **Jazzy**, on May 1 from Rae and Waylon • **Leo**, on May 11 from Rae, Waylon, Heather, Daniel, Thomas, and daddy • **Joe Bastedo**, on May 25 from Rachel and Waylon • **Valerie Boyd**, 27, on May 19 with love from Jeremy, mom, dad, and the girls • **Princess**, 22, on May 18 with love from mom, dad, Valerie, and the girls • **Thomas**, 3, on May 25 with love from mommy and Daniel • **Grandma Bev**, on May 1 with love from Wally, Sharon, Ravin, Melody, Tammy, Missy, Brittany, Brandi, Corey, Nick, Def, Erika, Barrett, Romeo, Jason, Brook, Little Bear, Tara, George, Shawn, Geo, Trooks, Isiaiah, Tiny, Jazz, and Mike • **Papa**, on May 19 with love from Melody Ra-Quel • **Mariah**, 15, on May 31 from Grandma Kim, mom, dad, brother, Elias, Dede, papa, Agnes, Karen, Tracy, Shelby, Max Dean, Jarvis, Jacob, Sharon, Wally, Melodie, Chris, Nicole, Jameson, Cordell, Baby Chris, Jayla, Lileah, Aiva, Marky, Rave, Brad, Bruce, Jada, Jay, Lil Jay, Kate, Peep, Adam Parker, Randi, Rachel, Bradley Eric, Kristy, Braelyn, Peyton, Eric, Wesley, Phil, Mickey, Nade, Char, PJ, Whit, Nae, Falon, Sherry, Gabbi, Shawn, Marissa S, Marissa R, Samanatha, and DeBrenna • **Marky**, 3, on May 12 from mom, dad, Agnes, Karen, Tracy, Shelby, Jarvis, Sharon, Wally, Melodie, Val, Mariah, Baby Kevin, Chris, Nicole, Jameson, Cordell, Baby Chris, Jayla, Lileah, Aiva, Max Dean, Rave, Brad, Bruce, Jay, Kate, Peep, Adam Parker, Basil, Randi, Rachel, Bradley Eric, Kristy, Braelyn, Peyton, Eric, and Wesley • **Elias**, on May 17 with love from Valerie • **Dad**, on May 17 with love from Dede • **Baby Sis**, on May 12 from your brothers and sisters.

Happy May birthday to Mille Lacs Band Elders!

Rebecca Agua
Merlin Anderson
Alvina Aubele
Elisse Aune
Brenda Beaulieu
Beverly Benjamin
Maurice Boyd
Denise Chamblin
Anthony Davis
James Davis Jr.
Virginia Davis
Dale Day
Edna Day
Winona Evens
Lorraine Farah
Sharlene Fisher
Dale Garbow
Geraldine Germann
Harry Granger
Gertrude Hanson
Robert Heinze
Allen Hemming
Harold Hill
Patricia Jackson
Molly Judkins
Clarabell Kruse
Cynthia Lester
Vera Mager
Dominic Mayotte
Janelle Meehl
James Mitchell
Pauline Mitchell
William Mitchell
Ardith Morrow
Lorraine Nickaboine
Donald Olson
Betty Quaderer
Patricia Regguinti
Geraldine Shingobe
Beverly Sutton
John Sutton
Victoria Verkennes
Herbert Weyaus
Sarita White
Larry Wind

Thank you

We would like to thank everyone for their support and help with the passing of our loving brother, uncle, friend, Peter Allen Garbow. This shows how our community pulls together when times get tough and shows the love and support to all in time of need. A special thanks to Pat Cruz and Terry Benjamin. Thank you from the family of *Peter Allen Garbow (Uncle Bunny)*.

Congratulations

Congratulations to **Samantha Sam and Kyla Sam** for their academic achievements! Samantha graduated from the University of Iowa with a B.A. in Cinema. Kyla will graduate from South Tama High School in May with plans to attend the University of Iowa in the fall to study physical therapy. Samantha and Kyla are the daughters of Ernie Sam Sr. and Kelly Sam. We are very proud of you, *with love from dad, mom, sis, brothers, nieces and nephews*.

• • •

Congratulations to **Connie DeMarsh** for graduating from Augsburg College with honors and making the dean's list. We are very proud of you, *with love from mom, Joey, Joe, and the rest of your family*.

In memory

Jesse James Kegg – November 23, 1922-April 27, 2006

If roses grow in heaven, Great Spirit pick a bunch for us and place them in our daddy's arm. Tell him there from us, tell him we love him and when he turns to smile, place a kiss upon his cheek and hold him for awhile.

(Continued to page 10)

Upcoming Mille Lacs Indian Museum Events

Kids craft workshop

Children will learn how to weave a "God's Eye" to take home. The decorative designs are used on ceremonial shields of American Indian tribes of the southwestern United States. Please allow an hour to make the ring. This project is recommended for children eight years or older.

The workshop costs $4 per kit and will be held on Saturday, May 7, from 11 a.m.-4 p.m.

Sweetgrass basket workshop

Learn the art of making a coil sweetgrass basket in this two-day workshop. This class will be held on Saturday, May 14, from noon-4 p.m. and Sunday, May 15, from 10 a.m.-2 p.m.

The workshop costs $60 for the general public and $55 for Minnesota Historical Society members and Mille Lacs Band members, plus an additional $15 supply fee.

A light lunch and refreshments will be provided. A minimum of five participants are required to host the workshop. Registration is required by May 11. Please call 320-532-3632 for more information.

20th Annual Grand Celebration Powwow

The 20th Annual Grand Celebration Powwow will be held at Grand Casino Hinckley on June 17-19. The powwow is one of the largest in the area and all Band members are invited and encouraged to attend.

Grand entry times are:

- 7 p.m. on June 17
- 1 and 7 p.m. on June 18
- 1 p.m. on June 19

Attendees are asked to bring their own chairs and drums to the powwow. Campgrounds are available during the event.

Tribal Noteboard

(Continued from page 9)

We miss you and love you very much. *From mama, Bevy, Benji, Maria, Darrin, Chris, Bobby, Dennis, Rose, Marty, Sandy, Richard, Dolly, Conrad, and your grandkids and great-grandkids.*

• • •

In memory of Peter Garbow

Every minute we shared, every conversation we bared, every argument we got through, now I can't imagine life without you. Unexpressed words I could never fit into one sentence how much you mean to me. You are my world and I can't imagine my life without you. The strength I need to go on, the courage I need to be strong left when you left. I want to hold on because I can't imagine life without you. But I know I have to do it because I can't keep holding you down. It's time for you to happy, I'll let you go so you can fly home. *With love from Carla Littlewolf.*

Obituaries

Peter Garbow
Born – 8-17-1967
Died – 3-18-2011
Lived in Onamia, MN

Laura (Weyaus) Hill
Born – 3-25-2011
Died – 3-25-2011
Lived in Minneapolis, MN

Ole Nickaboine Sr.
Born – 5-5-1932
Died – 4-7-2011
Lived in Onamia, MN

Evelyn Murphy
Born – 3-13-2011
Died – 4-11-2011
Lived in Onamia, MN

Sandra Ann Smith
Born – 3-4-1947
Died – 4-14-2011
Lived in Onamia, MN

Gloria Jean Anderson
Born – 1-25-1944
Died – 4-18-2011
Lived in Minneapolis, MN

Nay Ah Shing Documentary Explores Violence, Drugs, and Alcohol on Reservation

Several Nay Ah Shing students helped create a documentary titled "Non-removable." A link to the video is available on the education page of the Band's website (www.millelacsband.com).

The young people in Mille Lacs are in a battle for survival, say several Nay Ah Shing students who produced a documentary that explores the problems of violence and drug and alcohol abuse on the reservation. The video was produced in the wake of the deaths of four peers last year.

The documentary is titled "Non-removable," which is a term that Band members adopted for themselves in the late 1800s. At that time, many Band members were moved by government forces to White Earth, but some, who called themselves the non-removables, stayed behind.

The video features interviews with both students and Elders. While Elders spoke of the historical threats to their culture and existence, the students talked about the current threats on the reservation, especially drugs, alcohol and violence.

"We call ourselves the non-removables. But are we? It's a phrase we embrace, but in recent years we have begun to see our younger generations slip away. Drugs, alcohol, and violence are putting our entire community at risk," said one student who was interviewed.

They encouraged parents and other adults to be good role models for young Band members instead.

Both the Elders and the students interviewed pointed to the Ojibwe culture as part of the solution.

"The answers are right here with us – in our history, ceremonies and traditions. This is what makes us strong as a people, it's what defines us as Anishinaabe," said one student who was interviewed.

The video is a part of a project sponsored by the Bureau of Indian Education. It will be combined into one documentary with videos from 20 other Native American schools.

The documentary was written and directed by Nay Ah Shing students Brandon Anthony, Jordan Bellcourt, Kelsey Benjamin, Harmonie Boyd, Natalie Bueno, Charisse Cash, Kayla Cash, Marquita Eagle, Ronald Hardheart, Sage Hardhart, Isabel Sanchez, Brandon Wade, and Tehya Wade.

The students interviewed Elders Marge Anderson, Panji Gahbow, Sharon Raisch, Bonita Nayquonabe, and Joe Nayquonabe. The project was coordinated by Dave Berger, Mary Simon, Kristine Sorensen, and Victoria Stein.

Powwow Volunteers Needed

The Mille Lacs Band Traditional Powwow Committee invites Band members to join the committee. All Band members and Band employees are eligible to serve on the committee.

We are looking for individuals who would like to help welcome and show our guests a fun and safe time at the August powwow.

The next meeting will be held on Tuesday, May 10, at 12 p.m. at the District I ALU.

Past powwow princesses

If you are a current or past Mille Lacs powwow princess, please contact Toya Stewart Downey at 612-205-8727.

Calendar of Events

May 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 **Onamia Indian Education Meeting** Rolf Olson Center Noon, Contact: David Sam, 320-532-4901	4 **Narcotics Anonymous** District I Community Center 6-7 p.m. Every Wednesday	5 **Talking Circles** District I Community Center 5:30 p.m. Contact: KC Paulsen, 320-532-4046	6	7 **Kids Crafts** Mille Lacs Indian Museum 11 a.m.-3 p.m. **Sawyer Brown*** Grand Casino Mille Lacs 4 & 7 p.m.
8	9 **Pine Grove Leadership Academy Meeting** 5 p.m. Contact: Melanie Benjamin, 320-384-7598 **AMVETS Meeting** Grand Casino Mille Lacs, 6 p.m. Contact: Ken Weyaus, 320-309-6925	10	11 **District I Community Meeting** District I Community Center 5:30 p.m. Contact: Judith Ballinger 320-532-7423 **District III Community Meeting** Lake Lena Community Center 5:30 p.m. Contact: Katie Draper, 320-384-6240	12 **All District Elder Meeting** Hinckley Assisted Living Unit 11 a.m. Contact: Denise Sargent, 320-532-7854	13 **All government offices closed at noon**	14 **Sweetgrass Basket Workshop** Mille Lacs Indian Museum 12-4 p.m. **American Indian Day**
15 **Sweetgrass Basket Workshop** Mille Lacs Indian Museum 10 a.m.-2 p.m.	16	17 **District II Leadership Academy School Board Meeting** 4 p.m. Contact: Raina Killspotted, 218-768-2345	18	19 **Urban Area Community Meeting** All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson, 612-872-1424 **District II Community Meeting** East Lake Community Center 5:30 p.m., Contact: Jenny Waugh, 218-768-3311 **Nay Ah Shing 4th Grade Graduation** 10 a.m. **District II Early Education Graduation** 10:30 a.m.	20 **Nay Ah Shing Royalty Powwow** 10 a.m. **Grand Friday Night Fights*** Grand Casino Hinckley 7:30 p.m.	21
22	23	24	25 **District IIA Community Meeting** Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320-676-1102	26 **Nay Ah Shing Graduation** 6 p.m.	27 **District I Early Education Graduation** 10:30 a.m. **All government offices closed at noon**	28
29	30 **All government offices closed for Memorial Day**	31	June 1	2	3	4
5	6	7	8	9	*To Purchase Tickets **Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com**	*If you would like an event included in the community calendar,* **please contact Kelly Sam at 651-292-8062** *or write to Kelly at* **kelly@goffpublic.com**

"Why Are Our Treaty Rights Important?"

Mahlon Barnes

"It's a reminder about where we came from and what's ours."

Rodney Boyd, Sr.

"It's important for our children to learn about our rights and our culture."

Daphne Barnes

"To secure our future for our children."

Bella Nayquonabe

"It's pretty important and I want to know everything about it."

Joe Nayquonabe, Sr.

"Those rights were negotiated by our chiefs for our way of life, and we should always honor that for them."

Shelly Day

"They are important so we can practice our traditional ways of feeding our families without fear of being arrested. My Aunt Shirley told me a story about my grandfather, Fred Day Sr., getting arrested many years ago (sometime in the 1940's) when he was pulling his net off Mille Lacs Lake."

Curt Kalk

"Our treaty with the U.S. in 1837 clearly demonstrates that there was and has been a recognition of a government to government relationship. The resources that tribes use are essential to our traditions and culture. The U.S. must have had some understanding that we first had access to these resources. And, that it would take agreements like our treaties, to clear the way and form the United States."

Natalie Weyaus

"A long time ago our leadership signed a treaty with the U.S. ceding land to be used by the families who live in our area today. What was very wise of our leaders was the ability to foresee the need for our people to live off the land and to never lose the right to hunt, fish, and gather. If you don't know how to hunt, fish, or gather there is someone who will teach you these skills. I believe we are born with the knowledge to hunt, fish, and gather but need to discover it."

Photos by Toya Stewart Downey

Early Education Updates

By Early Education Staff

Programs offered at new Bugg Hill location

Mille Lacs Early Education has a wonderful new program on Bugg Hill called Bugg Start. It's a center-based option for children 0-3 years who were initially signed up for our home-based option. The children transitioned extremely well from the home to school setting.

Jeanie Burkhead is the lead teacher and Jenny Biniek is the teacher assistant in classroom I. Sarah Cosgrove is the lead teacher and Pam Chichila is the teacher assistant in Classroom II.

The program is funded through the ARRA (American Reinvestment and Recovery Act).

Focus on reading

Mille Lacs Band Early Education, which has been an Americorp/Minnesota Reading Corps (MRC) site since the 2007-08 school year, has again been selected for the 2011-12 school year.

MRC works to ensure that all Minnesota children are successful readers by the end of the third grade. Currently, one in every five Minnesota third-graders does not read at grade level.

Two professionals will work in two Mille Lacs Band Early Education classrooms to prepare the children to learn to read upon entering kindergarten.

If you have any questions contact Mary Fletcher at 320-532-2201.

Photo courtesy of Early Education staff

Knute Peterson reads to Early Education students through the DEAR (Drop Everything and Read) program on April 13.

Parent and teacher mentors available

ARRA also funded a teacher mentor and parent mentor. Cindi Cooley is the parent mentor, and Ryan Gress is the teacher mentor.

The parent mentor is here for caregivers of children in Districts I, II and III. If you have any questions, please call Cindi at 320-532-4588 or 320-630-2619 (cell). She can help answer questions related to topics such as:

- Health
- Early learning
- Purchasing a home
- Orders of protection or harassment orders
- Addictions
- Saving money or opening a savings or checking account
- Paperwork

The teacher mentor is here to support the teaching staff in Districts I, II and III.

Some of Ryan's responsibilities are:

- Provide developmentally appropriate modeling and ongoing feedback to the teaching staff
- Use reflective supervision to improve the quality of early childhood education
- Observe teaching staff and meet with them to help create new strategies for success in the classroom
- Staff development

Ryan can be reached at 320-532-4690.

Creativity with coffee filters

During the Week of the Young Child (April 11-15), Mille Lacs Band Early Education students enjoyed many activities, including a project with coffee filters. Each classroom could make anything it wanted with the coffee filters, except snowflakes. The projects were judged on April 14. A winner was chosen from both Early Head Start and Head Start. The Waabooz classroom created the winning project.

Photo courtesy of Early Education staff

The Makwa classroom shows off its creative coffee filter dress.

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

June 2011 *"The story as it's told."* Volume 13 • Number 6

Mille Lacs Band Appoints New Officials

Todd Matha was sworn in as the new Solicitor General on May 2.

The Mille Lacs Band appointed Ho-Chunk Nation member Todd R. Matha as its new Solicitor General. He was sworn into office on May 2.

As Solicitor General, Todd will advise and represent the Mille Lacs Band on tribal, state and federal legal matters. He will also lead the Band's Department of Justice, which includes the Department of Public Safety and the Tribal Police Department.

Prior to his appointment with the Mille Lacs Band, Todd worked for the Ho-Chunk Nation in Wisconsin. He served on the tribe's Trial Court as an Associate Judge from 1999-2005 and as Chief Judge from 2005-2011. He will continue to serve as Associate Justice for the Ho-Chunk Nation Supreme Court.

"The Mille Lacs Band and Ho-Chunk Nation's tribal histories are strikingly similar. Both refused to leave their aboriginal territory and have persisted as uniquely independent sovereign nations," said Todd. "My goal as the Mille Lacs Band Solicitor General is to continue to assert the sovereignty of the tribe."

Todd graduated from the University of Minnesota Law School in 1996 and received a bachelor's degree from Dickinson College in Pennsylvania in 1991. Todd has a wife and a daughter, and is expecting a second child.

John Gerdener Commissioner of Finance

The Mille Lacs Band of Ojibwe has named John Gerdener its new Commissioner of Finance. He was sworn into office on May 16.

As Commissioner of Finance, John is the chief financial officer for the Mille Lacs Band's Office of Management and Budget. He is responsible for the financial activities of the Band, including financial reporting, investments, tribal government accounting, and administering the Band's taxation activities, personal loan program, and burial insurance program.

"This is an exciting time to work for the Band as Commissioner of Finance, as we work to protect and enhance the Band's assets," said John.

Prior to his appointment with the Mille Lacs Band, Gerdener had his own financial consulting practice and held a senior leadership role in a large public accounting firm. Gerdener earned his bachelor's degree in business administration and his master's degree in business administration from the University of Wisconsin. He also is a certified public accountant.

Photo courtesy of Gilda Burr

Commissioner of Finance John Gerdener (center) was sworn into office on May 16. He is pictured with Secretary Treasurer Curt Kalk and Chief Executive Marge Anderson.

Special Session Looms

The 2011 Minnesota Legislature officially adjourned on May 23 without balancing the state's budget. This means that Governor Dayton will need to call a special session to pass a new budget, because the current budget expires on June 30. The state government will shut down if the Legislature and the Governor cannot compromise on a budget before July 1.

Gaming expansion remains a serious threat during the special session. Some lawmakers may turn to gaming expansion to help solve the state's budget problems.

Also, a proposal was introduced late in the regular session that would use racino money to fund new stadiums for the Minnesota Vikings and the St. Paul Saints. Another plan, which was introduced in the House of Representatives, would transform Block E in Minneapolis into a luxury casino.

Hundreds of our supporters have contacted their legislators over the past several weeks to urge them to oppose gaming expansion. These phone calls and e-mails have made a tremendous impact. We appreciate your continued support for the economic vitality of East Central Minnesota.

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www.millelacsband.com

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Q&A With the 2011 Nay Ah Shing Graduates

By Toya Stewart Downey

Courtney Boyd

What are your plans after graduation?

"To get a job."

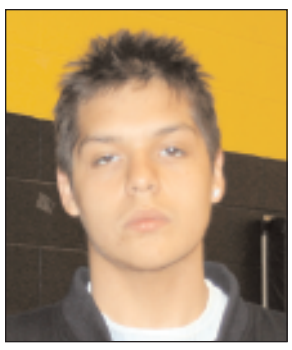
What will you miss most about Nay Ah Shing?

"My friends."

At graduation you will give blankets to people who are significant to you. Who are they, and why are you honoring them with a blanket?

"My dad, Rodney Boyd Sr., my mom, Louise Davis, and my grandma, Roberta Davis. My grandma is not here, but I just want to remember her because she's here all the time."

Jordan Todd Bellcourt



What are your plans after graduation?

"I'm going to Dunwoody College for graphic design."

What will you miss most about Nay Ah Shing?

"My teachers."

At graduation you will give a blanket to someone who is significant to you. Who is that person, and why are you honoring her with a blanket?

"My grandma, Lorna Day, because she was the one who raised me."

Jordan Boyd

What are your plans after graduation?

"I want to be a veterinarian."

What will you miss most about Nay Ah Shing?

"Volleyball and basketball."

At graduation you will give a blanket to someone who is significant to you. Who is that person, and why are you honoring her with a blanket?

"My mother, Beth Mitchell, because she wakes me up everyday."

Band Members Graduate From Central Lake College

Mille Lacs Band member David Sam Jr. carried the Mille Lacs Band flag at the Central Lakes College commencement ceremony on May 12 in Brainerd. David received a diploma of occupational proficiency in automotive technology, and Band members Michelle Benjamin and Michelle Palomaki graduated with associate of arts degrees.

Congratulations, Graduates!

Head Start

Kelia Armstrong
Ariana Aune
Blade Bastedo
Jordan Beaulieu
Angus Benjamin
Anthony Benjamin
Nevaeh Benjamin
Binesii Berger
Amare Boyd
Cyrell Boyd
Jonathan Boyd
Sheldon Boyd Jr.
Storm Cash
Jeremiah Churchill
Avagail Davis
Georgianna Day
Jeffrey Defoe
Gabriel Gahbow Jr.
Jayla Harrington
Isaiah Jackson
Makiah Johnson
Myles Johnson
Cyliss Lafave
Niko LaFriniere
Landon Livingston
William Martin
Darnell Mitchell
Delilah Mitchell
Serenitie Morin
Chase Morgan-Stanley
Dysen Morrison
Carter Nayquonabe
Karli Nayquonabe
Sophia Oschendorf
Antavia Pendegayosh
Christina Pike
Kiyawna Reynolds
Leroy Sam
Albert Sam-Ladd
David Shabaiash
Priscilla Shabaiash
Joaquin Skinaway
Jenise Smith
Tammy Stanley
Alizea Taylor
Coral Taylor
Maria Villebrun
Leland Weyaus
Ronnie Weyaus
Tia White
Jada Wind

High school degree

Joshua Anderson
Lanayah Austin
Michael Barany
Jordan Todd Bellcourt
Jesse Bohanon
Alysia Boyd
Courtney Boyd
Jordan Boyd
Kristin Boyd
Chad Canfield
Sonny Deyhle
Breanna Enno
Aaron Flodin
Thomas Frolichman
Linnia Garbow
Chelsea Kevan
Corrin Locke
Robert Oswaldson
Athena Sagataw
Emily Sam
Chelsea Shaw
Tanya Skinaway
Skylor Weyaus

GED

Drew Anderson
Russel Balenger
Erlene Benjamin
Sean Bongo
Crystal Dorr
Melissa Dorr
Jeremy LaFromboise
Cassidy Sam
Sandra Shabaiash

Technical degree

Donna Eagle
Amanda Karsjens
William Peel

Associate of arts degree

Brandy Oswaldson
Ira Standing Cloud
Stephanie (Sam) Zuniga

Associate of arts & science degree

Samantha Craker
Julian Winiecki

Bachelor's degree

LeAnn Benjamin
Nathan Churchill
Shelly Day
Connie DeMarsh
David Hanold
Bradley Roache
Samantha Sam
Valerie Sam-Harrington
Terra White

Master's degree

Amanda Bruneau
Erin Bruneau
Casey Dorr
Joe Nayquonabe Jr.

Editor's note: We apologize if we've missed anyone. To add a graduate's name, please call Sami Thomas or Camille Smith at 320-495-3702.

Band Elders Participate in Wisdom Steps Walking Contest

By Toya Stewart Downey

When Band Elder Marie Gudim got a phone call asking if she wanted to participate in a walking contest, she readily agreed.

"I've been walking, exercising, and eating right for years," said the 74-year-old Isle resident.

Marie is one of about 50 Band Elders who participated in a walking contest sponsored by the Wisdom Steps Healthy Living Activities Committee. The contest was held from February 1 to April 30.

Winners of the walking contest will be revealed in mid-June at the Wisdom Steps annual conference. The team with the most steps will win a grand prize. There will also be prizes for those in second and third place.

"It went really well," said Renee Bruneau, a Health and Human Services Department staff member who coordinates activities at the assisted living centers. "I kept encouraging them and told them how proud I was of them, and they got out there and did it."

To track their progress, the Elders wore pedometers everywhere they went. Some also participated in group activity days and walked around the gyms at the community centers.

"Through Wisdom Steps, we encourage Elders to take simple steps to healthy living," Renee said. "At the conference and throughout the year, we teach them ways to better their own health and their own lives."

Barb Benjamin-Robertson, the Band's urban program administrator, thought the walking contest was a great way to get Elders more involved.

"It was exciting to recruit teams in the urban area – encouraging Elders to have fun with the idea of this contest," said Barb. "They came up with team names…crazy fun names indeed! This got them more involved and promoted team spirit."

"Twenty-two teams registered for the contest statewide. We had four teams from the Minneapolis community," she said. "The team names are pretty cool too – We Can Still Walk, Flying Eagles, Speed Limit 55+, and Gego Zaagaswaaken."

"I participated on a Mille Lacs team called the Tiptoers," Barb added.

"The teams consisted of Elders and their spouses from many different tribes, including nine teams from Mille Lacs," Barb said. "At the conference, we'll combine all of the total steps of the teams together and we'll see how far we went around the world."

To be able to attend the conference, Elders and their spouses were required to complete a health card indicating they had health screenings for their blood pressure, blood glucose, cholesterol, and weight. They also had to have other screenings and attend a health fair or educational event.

Wisdom Steps is a statewide preventive health program and is a partnership among the 11 Minnesota Indian tribes and three urban areas – Bemidji, Duluth, and the Twin Cities. The Minnesota Board on Aging is also a partner.

Wisdom Steps invites tribal Elders to participate in activities that build their health, including participating in health screenings, attending health education classes, or enjoying healthy living activities. For more information, contact Barb Benjamin-Robertson at 612-872-1424 or Renee Bruneau at 320-532-7853, or visit www.wisdomsteps.org.

Free Hearing Evaluations

To schedule an appointment for **Friday, June 10**, at Ne-Ia-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

Does Your Home Need Weatherization?

Toya Stewart Downey

Members of the Mille Lacs Band weatherization team (left to right) Brian Dunkley, Percy Benjamin, Joe Farah, Lee Thompson, and Guy Davis.

By Toya Stewart Downey

When it's warm and sunny outside, people typically don't think about their furnace, insulation, or heating bills. Yet the timing couldn't be better to determine whether a home needs to be weatherized so that it can become more energy efficient, according to Lee Thompson, an energy auditor for the Band.

"Getting a house weatherized is beneficial to the residents," said Lee. "It saves them money by lowering energy bills, and it keeps their houses warmer in the winter and cooler in the summer."

Since the fall, the team has weatherized 49 houses, and 25 other jobs are underway. Common weatherization fixes include sealing air sources, repairing windows and doors, adding insulation, making general repairs to the roof and foundation, and repairing furnaces and water heaters. They also can install bathroom fans, range vents in the kitchen, smoke alarms, and carbon monoxide detectors.

"A lot of the work we do can't be seen except through energy bills," said Guy Davis, a weatherization installer. On average, about $6,500 is spent per home for weatherization. There's also $1,000 in general repair money and $1,000 in health and safety money that is allotted per home.

One of the perks of the Band's weatherization program is a free in-home audit that teaches residents how to conserve energy and educates them about their own homes. The audits take about five hours, but residents only need to be present for one hour during the initial consultation.

The Band received $350,000 for its weatherization program from the American Recovery and Reinvestment Act (ARRA). The funding allowed the Band to expand its services. The Band holds the honor of having the top Native American weatherization program in the country and being the only tribe that was awarded this funding.

The Band oversees the program in Districts I, II and III. The urban area has other providers to service them.

To determine eligibility for weatherization services, Band members need to fill out an energy assistance application. Those who have already qualified for the state's energy assistance program are eligible for the Band's weatherization program.

"There's money available, so we want Band members to apply," said Armando Olivarez, a maintenance supervisor. "We want people to know that they will see the savings almost immediately, especially those who live in older homes."

For more information or to obtain an application, contact Brandi Wagner at 320-532-7880.

Band Elder Honored by GLIFWC

Kelly sam

Band Elder Leonard Sam was honored by the Great Lakes Indian Fish and Wildlife Commission for his years of service.

Mille Lacs Band Elder Leonard Sam, a longtime Department of Natural Resources employee for the Mille Lacs Band, was recently honored by the Great Lakes Indian Fish and Wildlife Commission for his 15 years of service on the Voigt Intertribal Task Force.

Leonard was the Mille Lacs Band representative on the task force from 1995-2010. He played a substantial leadership role on the task force by assisting tribes in the affirmation, preservation and utilization of treaty-reserved rights in the Wisconsin and Minnesota portions of the 1837 and 1842 ceded territories.

"Leonard was an advocate and defender of our treaty rights," said Brad Kalk, Commissioner of Natural Resources. "We wish him well in his retirement."

Leonard retired earlier this year.

Share Your Proud Moments With Us

By Toya Stewart Downey

During her State of the Band speech in January, Mille Lacs Band Chief Executive Marge Anderson asked a thought-provoking question to the hundreds of Band members who attended: "What have you done today to make you feel proud?"

It was a question that Marge had reflected on for quite a while before sharing it with the community.

It was also one that she had answers to.

Citing some of the community's proud moments, Marge referenced the Community Healing Project that was organized after a number of tragic deaths. She also noted the record enrollment of students at Nay Ah Shing Lower School and the efforts of Band members who have helped share and teach the Ojibwe language and culture.

Pay it forward

"Paying it forward is also one of the truest sources of pride," said Marge, encouraging Band members to reflect on the seriousness of the question, "What have you done today to make you feel proud?"

"It's especially serious because it implies that we should do something every day to make us proud," she said. "Think of it this way, the Ojibwe culture wouldn't be a culture if people only participated in it from time to time. It isn't a culture of convenience. It isn't a culture that exists on its own. We have to practice it every day. We have to nurture it through our actions so it can nurture us in return."

Submit your stories

This month the Q&A on the last page provides our first examples of "Proud Moments" of the community and Band members whose work, actions and efforts exemplify pride. In upcoming months, we will continue the "Proud Moments" campaign by sharing the stories of those who embrace the challenge to have proud moments each day.

If you'd like to share your story or have ideas about people to feature during the campaign, please contact Toya Stewart Downey at 612-250-8727 or toya.stewart@millelacsband.com.

Ending Homelessness Among Mille Lacs Band Members

By Toya Stewart Downey

Mille Lacs Band elected officials heard details of a plan last month that addresses the problem of homelessness among Band members.

Beginning in October 2010, Band employees and consultants examined some of the issues surrounding homelessness and tried to determine viable solutions to fix the problem.

"We've developed a strategic plan and recommendations…and if we get the support of the elected officials, we are ready to move forward," said Don Eubanks, Health and Human Services Commissioner, at the May meeting.

"A lot of what is in this plan we're already doing, but there's more we can do," he said.

Making note of some of the programs that have helped address the homelessness problem, Don cited the development of transitional and low-cost housing; loans; free housing for Elders; and health, human services, and employment programs.

Still, he said, more needs to be done, and that can be accomplished through meeting the goals that are in the Band's 10-year plan to end homelessness.

Some of the goals include:

- Providing a safe, affordable range of housing that is specific to individual needs and culturally relevant
- Establishing emergency shelters and services
- Creating and sustaining effective policies and practices that promote accountability
- Improving communication between leaders and service providers, as well as between departments and Band members
- Commitments by decision makers
- Developing, aligning, coordinating and interpreting programs serving homeless persons
- Creating jobs to move Band members who are homeless or at risk for homelessness to permanent housing

Sam Moose, Community Development Commissioner, said that he knows the goals are ambitious, but he believes they can be accomplished through collaborative efforts within the Band.

"There are a lot of barriers that create homelessness, and one department alone can't tackle the homelessness situation within the tribe," he said. "That's why we need good collaboration between departments and the government."

Those charged with developing the plan agreed that no one should be homeless, and that it is everyone's responsibility to help end homelessness, said Vivian Jenkins Nelson, the lead consultant for the homelessness planning group.

"We need to look at policies that work with today's society while maintaining culture and traditions," Vivian told the elected officials. "We need plans and policies that are focused, aligned and consistent."

To help determine some of the goals, the group relied on input from Band Elders, some of whom had experienced homelessness themselves.

They also acknowledged that the old ways of families living close to each other have changed due to societal changes as well as the Band's own housing plans.

"As the community grows, people don't follow old traditions of living in the same neighborhood as their relatives," said Sam. "Part of the reason is because the Band developed mixed neighborhoods that were sprinkled with rental units and homes that were privately owned. We didn't want to create low-income neighborhoods."

Next steps

Don requested that Chief Executive Marge Anderson and Secretary/Treasurer Curt Kalk write letters supporting the plan. He also asked the Band Assembly to create a resolution to end homelessness. Finally, he requested that the plan become part of the Band's strategic plan.

Once that happens and the plan is approved by the elected officials, both the Health and Human Services and Community Development departments will take the next action steps, which include:

- Creating a homelessness coalition
- Creating a work group
- Hiring a full-time coordinator
- Hiring an external evaluator
- Continuing data collection
- Creating communication and public education plans
- Financing the plan

Getting to Know Band Member Mike Nickaboine

Toya Stewart Downey

By Toya Stewart Downey

As Mike Nickaboine sits at his desk in the Grand Casino Mille Lacs office, the view from his window is of the Band's government center.

"I was the lead carpenter on the project to build the government center," said Mike, reflecting on the first structure he worked on when he was in the construction business. "That was in 1997-1998, and I was really honored to work on such a big project for the Band."

Then came the Grand Casino Mille Lacs Events & Convention Center expansion, followed by the District I Community Center and about 80 Band homes for more than a decade after that. "I've built entire neighborhoods for the Band," said Mike, who also built his own house on the reservation so that he could live in the community that he helped build.

"I also completed a 12-month $400,000 contract for Mortenson Construction at Grand Casino Hinckley from Aug. 2006 to Aug. 2007," he said. "This contract was for door and hardware installs on the events and convention expansion and hotel tower."

These days Mike has traded his hardhat and tool belt for a computer and a desk as the new vice president of facilities for Grand Casino Mille Lacs. He began his job in early March 2011. In his new role, Mike oversees four departments and about 110 employees.

"This is the biggest department that the casino has, so it's a lot of responsibility," he said. "I was really excited about the construction part of the job, because I wanted to be a part of the team that has brought so much infrastructure to the reservation."

Early years

Mike was born in Oakland, California. His parents, Alvin and Carol Nickaboine, were among the families who were a part of the relocation program of the 1950s that sent American Indians to the West Coast.

When he was a young child, his family moved to Minneapolis, where he grew up. After graduating from Patrick Henry High School in Minneapolis, Mike enlisted in the U.S. Army and served for six years.

After his military stint ended, Mike and his family moved to the reservation. He began taking business management classes at Brainerd Community College, and after one year he decided to start a framing company and work as a residential contractor.

Building his business

As he looked for ways to grow his first business venture, Mike looked outside of the Mille Lacs area, since at that time there weren't many construction opportunities nearby.

"I got this idea to call counties around the state to see what building permits they issued, and from there I figured out where I'd locate to do business," said Mike, adding that he sought areas that had high growth potential and spikes in the construction business.

His first stop was the Rochester area. He helped build dozens of homes during the three years he lived there. Next, he moved to Clay County in Minnesota, so he could take advantage of the opportunities that were happening in Clay, as well as Cass County. "We uprooted everyone in the family to move there, because we were following the boom," Mike said.

He returned to the reservation in the mid-1990s. He worked for the Band's housing department for about a year before becoming the lead carpenter on the government center construction project. By the time the District I Community Center was finished, Mike, along with a partner, started another business, Wigwam Bay Builders, Inc. And that's when he began working on Band projects, including building homes through the U.S. Department of Housing and Urban Development (HUD).

In June 2003, Mike was deployed as a part of the National Guard. He spent almost a year in Bosnia on a peacekeeping mission known as Operation Joint Force.

Starting over

Unfortunately, Mike's business, which he co-owned, didn't survive his deployment, so upon his return he started another company, Northland Quality Builders. A few years later his sons Tim and Miles joined the business and worked with Mike on several Band projects.

Currently, the company is on hiatus while one of Mike's son's completes college and the other one continues gaining experience with the Band's remodeling crew through the Community Development Department.

"We never made a lot of money, because I always went over the minimum specifications on the homes I built," said Mike. "I always looked at houses I built as family homes where people would live for years and raise their families in them. It was never to gain a lot of profit."

Building green

It was during this time that Mike began using a building technique called Insulated Concrete Form (ICF) on the homes he built. The method is a more energy-efficient means of construction because of the thermal mass of the concrete along with the insulating factor of the rigid foam insulation.

"Since 2001, I always used ICF because of its energy efficiency, but it was a more expensive building method, so it was hard to sell to the Band because at that point, green building wasn't a high priority like it is now."

In recent years the Band has built several new houses using ICF and currently has one under construction. There were some larger ICF houses built in the metro in the early 2000s, and two were completed in Isle in 2010. Two more ICF homes were completed in District I this past winter.

"ICF eliminates the lumber footprint by 60 percent," he said. "Anyone who lives in an ICF home should be able to see the difference in their utility bills."

Mike said he is pleased the Band is using the technique and hopes that in some way, he helped pave the way for the greener building method.

"I've always wanted to pass along knowledge and teach people. I wanted to help create more carpenters," he said. "I wanted to make a living, but I always wanted to contribute to our community and show that Band members can do anything they wanted to do."

Mike has been married for 31 years to his wife Shelly. The couple has four children.

Friday Night Fights At Grand Casino Hinckley

By Jim Erickson, Mille Lacs Band Boxing Commission Executive Director

Former Vikings player Ray Edwards made his professional boxing debut in front of a packed house at Grand Casino Hinckley on May 20.

Edwards was the feature bout of the evening. Several current Vikings players attended his fight against TJ Gibson. After the final bell rang to signal the end to the four-round bout, Ray's athleticism and size gained him a unanimous decision win, but not without tasting a few of the well-timed punches from his shorter and lighter opponent.

In the bout leading up to the Edwards-Gibson clash, Hinckley's own Tim Taggart Jr. was holding his own against St. Paul boxer Cerresso Fort until Fort landed a heavy counter-punch that put Taggart on the mat, prompting Joe Cortez to waive off the fight. The bout was a step up in competition for Taggart, who was returning to the ring three months after an excellent victory over Charles Meier. Taggart was not fazed by Fort's 10-0 record, and was looking forward to handing Fort his first defeat as a pro.

The evening started with the little men, as bantamweights Jonathan Perez from Minneapolis took out Milwaukee's Raymond Torres with a hard body blow in the second round. Perez increased his record to 2-0 (2 KOs).

The results were similar as Tony Lee of St. Paul stopped Ronnie Fuentez of Milwaukee in the fourth round.

Larry Butler of Hayward, Wisconsin, won the bout with Minneapolis boxer Van Goodman. Goodman had the edge in experience, but Butler, who was making his professional debut, opened a cut on the left eyebrow that eventually caused the bout to be stopped via TKO in favor of Butler.

The fourth bout of the evening was a contest between Twin Cities boxers Jamal James and Hector Orozco. James had been having his way with his opponents, scoring four knockouts in four outings. Hector Orozco was not going to be knockout number five, as he aggressively pursued the quicker James and roughed him up for the entire six-round contest. In the end, the judges scored the bout for Jamal James.

The next professional boxing action is scheduled for June 24, when Ray Edwards attempts to rack up win number two at Grand Casino Hinckley.

Circle of Health Update

By Circle of Health staff

Private insurance plans

Circle of Health currently pays private insurance plans for a maximum of 12 months. However, there are several plans that have extended past this period. We need to re-evaluate these plans, but we do not want to jeopardize any current coverage.

If you have a private insurance plan that is paid by Circle of Health, please contact our office. If you have a private plan, you probably filled out an individual application with a local insurance agent in your area. These insurance plans include Blue Cross Blue Shield, Minnesota Comprehensive Health Association (Medica), and Assurant carriers.

Personal reimbursement requests

You can submit claims to Circle of Health electronically. If you submit your claims via e-mail, you do not need to send it through the mail as well. Please request a return e-mail if you would like to receive confirmation.

The e-mail addresses for Circle of Health are:

- Dave Boyd (A-L): dave.boyd@millelacsband.com
- Roberta Lemieux (M-Z): roberta.lemieux@millelacsband.com
- Dawn Chosa (benefit coordinator): dawn.chosa@millelacsband.com
- Michelle Palomaki (director): michelle.palomaki@millelacsband.com

Medical and dental employee deductions

Circle of Health reimburses medical and dental premiums that are deducted from paychecks. If you are a Band member who has been employed with your current company for at least a year, you are eligible to have premiums paid quarterly instead of weekly or bi-weekly.

Contact your human resource department to see if the company is willing to do this. If the company agrees, the human resource department needs to send a letter on company letterhead that clearly indicates the employee's portion of the premium. The human resource department will need to send a new letter that includes any increases or decreases in the premium amount each year.

We have found that most Minnesota employers welcome this idea because it saves them time and money copying, sending, or processing the reimbursements from our office.

If you or your employer have any questions, please contact Circle of Health.

Contact information

Please allow a two- to six-week grace period for reimbursement claims from the date of submission. If you have any questions, please contact Circle of Health, at 320-676-8214 or 800-491-6106.

NVAM Educational Opportunities

Youth Civic Camp

Native Vote Alliance of Minnesota (NVAM) is hosting its second annual Youth Civic Camp on July 24-30. American Indian youth ages 13-16 are encouraged to attend the camp.

Participants will learn about the history of the Ojibwe and Sioux tribes in Minnesota, what it means to be a sovereign nation, and the importance of American Indians' participation in public policy, Ojibwe and Lakota language, renewable energy, and localized farming.

The camp will be held at the Mille Lacs Band of Ojibwe's language camp in Rutledge. Participants will also take a field trip to the White Earth Land Recovery Farm to School and Renewable Energy Projects in White Earth.

The camp costs $750 per student. Scholarships are available for Band members. Contact Camille Smith or Sami Thomas, scholarship and career assistants for the Band, for more information about scholarships at 320-495-3702.

Contact Elizabeth Scott at 320-630-2487 or Sally Fineday, NVAM executive director, at 218-335-8581, ext. 139, for more information or to register.

Voter Engagement School

NVAM is hosting a Voter Engagement School program in White Earth in July and in Mille Lacs in August. People who are interested in getting involved in politics are encouraged to attend the program. Contact Elizabeth Scott at 320-630-2487 for more information.

Band Members Visit Pine Grove Students

Toya Stewart Downey

Four Band members shared information about their careers with Pine Grove Leadership Academy students in honor of American Indian Month.

By Toya Stewart Downey

When I was a young child, I decided I wanted to be a writer.

So while I considered other careers, such as teaching, my desire to have a writing career overshadowed them.

That's why when I was asked to speak to the students at Pine Grove Leadership Academy about my career as a journalist, I was more than eager.

Band Elder and traditional healer Herb Sam, artist Steve Premo, Grand Casino Hinckley General Manager Mel Towle, and I were among the speakers who visited the school in May for its recognition of American Indian Month.

Melanie Benjamin, the school's interim director, said the visits were both beneficial and inspiring for the students. In fact, she plans to continue to invite Band members to the school so they can serve as role models for the students year-round.

"Everyone who has come out has had excellent messages. They've talked about teamwork and about working hard to achieve their goals," Melanie said. "We have a talented pool of phenomenal Band members, and this is what we need to showcase to our youth. We have excellent people and we need to remind each other how great we are and how great we can be. There is greatness within us, and that's what I'm going to teach the kids."

During my time with the students, I told them that my dreams of becoming a writer started young and grew over the years.

I told them that I was an avid reader, took pride in spelling words correctly, and was naturally curious – all good qualities for becoming a journalist. I encouraged them to read a lot, practice their writing skills, and listen to their teachers, because being a good listener is crucial to any career they might want to pursue.

After earning my bachelor of arts degree from the University of Minnesota, I landed my first internship at the Minneapolis *Star Tribune*. I had stints at other papers until my last stop at one of Texas's largest newspapers, *The Dallas Morning News*.

Since obtaining my master of arts degree in health journalism, I've been a writer for our tribal paper.

While at the school I had an opportunity to show the students the paper, take photos, and conduct short interviews with them for the paper's Q&A section. (See the July paper for their responses.)

Heating, Water, and Home-Related Maintenance Problems

If you live in a Mille Lacs Band Housing-maintained home, call for housing maintenance service in your district. During regular business hours, please call our customer service representative at 800-709-6445, ext. 7799. If you live in a home not maintained by the Mille Lacs Band and need assistance after hours with utilities or heating, please call 866-822-8538. Press 1, 2 or 3 for your respective district.

Understanding Land Allotments

Land ownership is a complicated issue for American Indians. In the coming months of the *Inaajimowin*, Lisa Johnson from the Band's Real Estate Office will help Band members understand some of the nuances of land ownership, allotments, trust accounts, and related issues that affect American Indians. The topic this month is allotments.

What are allotments?

Indian lands were traditionally held communally by bands or tribes of Indians. The United States recognized tribal land ownership in many treaties.

In the second half of the 19th century, federal policy sought to break up tribal lands. The policy called for tribal lands to be divided into parcels and "allotted" to individual Indians. The allotments would be subject to restrictions that would prevent them from being sold, at least for a period of years.

In Minnesota, the 1889 Nelson Allotment Act provided for the allotment of Ojibwe reservations. Members of the Mille Lacs Band were entitled to allotments under the Act, but did not receive them until the 1920s. The government's failure to make allotments to Mille Lacs Band members for many years imposed great hardship on the Band and its members.

In the 1950s, there was a big push by the Minnesota Chippewa Tribe to purchase the allotments and put them into tribal trust status so that they could never be sold.

"Today most allotments at Mille Lacs are owned by the Minnesota Chippewa Tribe or the Band," Lisa said. "There are only 30 allotments that are still individually owned, and those are typically about five acres." All of the personally held allotments are in District I.

Who owns allotments?

When the allotments were first made, each allotment was owned by an individual tribal member. However, over the generations, the number of owners has increased.

When the original owner passed away, the allotment passed to his or her heirs. If the owner had a valid will, the allotment passed to the heirs named in the will. If the owner did not have a will, the heirs were determined under state probate law. (Today the heirs would be determined under federal law.) For example, a one-third interest in the allotment might pass to the owner's spouse with the remaining two-thirds being divided equally among the owner's children.

Each of the heirs acquired an "undivided interest" in the allotment. This means that each heir had an interest in the entire allotment, which he or she shared with the other heirs. None of the heirs owned a portion of the allotment by him- or herself.

For example, if the allotment was six acres, and the original owner's spouse acquired a one-third interest, the spouse had a one-third interest in the entire six acres, which he or she shared with the other heirs. The spouse did not own two acres of the original six acres by him- or herself.

This process continued with each generation, with each allotment being owned by more and more people, some holding only very small fractional interests in the entire allotment. "As people continue to pass away, the interests become smaller and smaller," Lisa said.

Real Estate Office ready to help

Often, Lisa has found that when individuals receive a probate order regarding their inheritance in an allotment, they have a hard time reading the inventory of the land provided with the order. That's why, she said, the Band's Real Estate Office would be happy to answer questions about the probate order or help Band members understand how to read the inventory.

One of the most commonly asked questions is where land is located. The Real Estate Office can provide information about the location of allotments on the Mille Lacs Reservation and can provide contact information for allotments on other reservations.

"Often we also get calls about an heir wanting to build a home on the allotment," said Lisa. "One of the first things that needs to happen is to find out what undivided interest they own and then find out how many owners there are for the allotment. The number of owners will determine the required percentage of the undivided trust interest needed to give consent to a lease."

If the allotment is located within the jurisdiction of the Band, the Real Estate Office will request information about the allotment from the Bureau of Indian Affairs on behalf of the individual. However, if the allotment is located on another reservation, the individual would have to contact that tribe or agency to inquire about leasing the land.

"There are many other requirements for leasing allotted lands, and the Real Estate Office would be happy to go over those requirements with the person wishing to lease the land."

Acquisition of undivided interests in allotments

Undivided interests in allotments can be sold to the Band if the owners want to sell their interest. "We're not aggressively seeking to buy allotted interests," said Lisa. "If someone sells it to us, it's because that's what they want to do. If the Band buys an undivided interest in an allotment, the Band becomes an owner in the property with the other owners. It is the Band's policy to retain property in perpetuity once it has acquired the property."

Owners of undivided interests in allotments can also sell their undivided interests to other owners in the allotments, which are often family members. They can even gift deed their interests to other owners with whom they have a special relationship. The Band's Real Estate Office can help Band members if they want to do this.

For more information about allotments, contact Lisa Johnson at 320-532-7552.

Toya Stewart Downey contributed to the writing and reporting of this article.

Electronic Medical Records Conversion and Training Continue at Ne-Ia-Shing Clinic

By Toya Stewart Downey

As the conversion to electronic medical records continues, so do the preparations at the Ne-Ia-Shing Clinic.

More than 50 clinic staffers will be undergoing mandatory training sessions on information security that will help them better understand the high standards that are being put in place for protecting patients' health records.

Both of the trainings, the Health Insurance Portability and Accountability Act of 1996 (HIPAA) and Information Systems Security Awareness, were required for all who work in the clinic and on the administrative side – including maintenance workers.

"Yearly HIPAA training for clinic personnel reinforces HIPAA training employees did when newly hired. This training covers how patient health information should be protected," said Louise Sather, RHIA (Registered Health Information Administrator) and the Band's clinical applications coordinator.

"This training covers different scenarios and what to be aware of when on the Internet, phone, or just at the office."

Because both trainings are web-based, they can be done at the workstations, then paused and restarted as needed, Louise said.

"Band members should not be affected, just reassured that their Protected Health Information (PHI) is kept confidential and secure and that their privacy is very much respected," said Louise. "This training is another layer of security."

"This is another important step in our effort to make Ne-Ia-Shing fully electronic, helping the clinicians in their efforts to make sure all reservation members have access to quality patient care," she added.

Urban Area Picnic and Community Celebration

All Band members and families are invited to kick off the summer at the 12th annual urban end-of-the-school-year picnic and community celebration on Saturday, June 11. The picnic will be held at Brackett Park in Minneapolis from 11 a.m.-2 p.m. A feast will be served from 11 a.m.-1 p.m.

Attendees will receive a free t-shirt (supplies are limited) and have the chance to win prizes in several contests. Grand prizes include a TV, Jacuzzi suite, and boy's and girl's bikes.

The feast will include hamburgers, hot dogs, brats, Polish sausages, potato salad, chips, beans, cake, and refreshments.

Please bring your own blanket or lawn chair.

Volunteers are needed for registration, setting up, cleaning up, assisting with games, distributing door prizes, and more. If you are interested in volunteering, call Barb Benjamin-Robertson at 612-872-1424 or 612-250-3924.

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

"The story as it's told."

Kelly Sam, Editor

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Suite 102
St. Paul, MN 55101

Please provide news tips and other information by the 15th of the previous month.

Poem From Band Member

Editor's note: Band member Adam Benjamin wrote this poem for his mom Arvina Benjamin. She would like to share it with other Band members.

I am a Native American. I am a human being. I chose not to follow the direction given by my heart of my spirit, therefore I am now chemically dependent.

I realize I must go back to the circle of my people to learn the beating of our drum and to ask the Great Spirit to restore my oneness with that circle of my people and culture, and that I may one day walk once more with dignity. Oh Great Spirit, hear my drum.

I realize who I am and that I must look within to find that powerful person to solve all of my problems.

I will search like a warrior to find my center, both fearlessly and courageously.

Grandfather, I stand before you. I have wronged my people, my family, and our traditions. Take pity upon me, Great Spirit.

I come before you in a humble way. You know what is written in my heart. Help me.

Great Spirit, I ask you to have mercy and give me the strength to fight my own greatest enemy, myself.

Great Spirit, I have disgraced myself and have wronged our proud traditions. I stand humbly before you with open arms.

Great Spirit, I ask that you grant me the wisdom and the courage that I will need to keep on learning more about myself and to keep fighting myself, that I may overcome this chemical dependency.

Great Spirit, I stand in this circle of life. I am struggling here. Hear my heart and grant that I may come to know myself so that I may be among my people again.

I must return to our traditions, the sacred pipe, the sweat lodge, the drum, and our people. I will again walk among those with dignity and pride and walk again on the red road. Hear me, grandfather, I have found my inner arrows.

Before I am released from this iron house, I will attend the sacred sweat lodge. When I come out, I will claim back my spirit and say, "Come, lets go home."

Thick Bean Soup

Ingredients

- 2 medium carrots, sliced
- 1 small onion, chopped
- 2 large garlic cloves, minced
- 1 3/4 cup low-sodium vegetable broth
- 16 oz. can tomatoes, undrained and chopped
- 15 oz. can great northern beans, drained and pureed
- 1/4 tsp. thyme
- 1/2 tsp. sage
- 1 pinch salt
- 1 pinch black pepper
- 1 tbsp. chopped parsley

Directions

1. Heat a large pot over medium heat. Cook carrots, onion, and garlic five minutes or until soft.
2. Mix in broth, tomatoes with liquid, pureed beans, thyme, and sage. Let boil, lower heat, place lid on pot, and simmer 10 minutes. Sprinkle with salt and pepper.
3. When ready to serve, top with parsley.
4. Add chicken or shrimp to make a more hearty soup.

Tribal Noteboard

Happy June birthday to:

Noah Sablan, 5 on June 2, from Mom, Dad, Taya, Grandma Tracy, Grandma Lupe, TT, Jay, Kellen, Deek, Jen and Wesley • **Patrick Sam** on June 2, from Mom, Scott, and the rest of the family • **Roland Smith Jr**., 2 on June 4, from Daddy, Tammy, Brandon, Whitney, Brandi, Elias, Tank, Alizaya, Kloey, Kobe, Gladys, Ron, Collin, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr., Aubrey, Roxann, Danica, Bev, Rog, Juni, Roy, and Jillian • **Priscilla Bonilla**, 9 on June 21, from Mom, Dad, Alex Jr., Joseph, David, Jonathan, Carter, Christian, and the rest of your family • **Christina Pike**, 5, from Mom, Kevin, Grandma, Austin, Tahnisha, Paco, Anna, Chico, Melissa, Ari, Lissie, Ant, Baby John, Nathaniel, Rusty, Bud, and Max • **Nakota James Benjamin**, 2 on June 16, from Dad • **Sherry Harrington** on June 9, from Carrie, Renae, Zac, Jerry, Kira, Smokey, Mom, Len, Phillip, Mickey, Nadine, Blake, Char, Whitney and PJ • **Ashley Rae** on June 30, from Mom, Son-Son, Nina, Corey, Grandma, Grandpa, and Beco • **Shakarah** on June 4, from Mom, Andre, Grandma, Grandpa, Q, Emmy, Ger, Tone, Zane, Destiny, Quillon, aunts, uncles, and the rest of your family • **Dante James**, 9 on June 3, from Mommy, Selena, Maysun, Shawsha, Soul, Day-Day, Grandma Vera, DeaLayna, Stone, Frankie, Derek, Rachel, Joe, Simone, Joey, Sheila, Donny, Jim, Jeannette, Danielle, and Bruce • **Jim**, 35 on June 5, from Jeannette, Mom, DeaLayna, Franny, Derek, Stone, Mary, Selena, Dante, Maysun, Shawsha, Soul, Daymon, Rachel, Joe, Simone, Donny, Sheila, Joey, Jim, Jeannette, Bruce, Dawn, Ethan, Ty and Jasmine • **Vincent Stobb** on June 13, from your family, Tammy, Brandon, Whitney, Brandi, Elias, Tank, Alizaya, Kloey, Kobe, Mom, Dad, Roland, Roland Jr., Lydell, Desi, McKayla, Collin, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr., Aubrey, Roxann, Danica, Bev, Rog, Juni, Roy, and Jillian • **Tami Gahbow** on June 26, from Spud, Nells, Quintin, Albert, Kyla Lynn, Dakota, Nancy, Gladys and Desi • **Judy Boyd** on June 9, from June Day and family • **Morgan Nadeau** on June 18, from Grandma June, Daddy, Dayuanna, uncles, and aunts • **Jereck Weyaus** on June 20, from Mom, your kids, and wife • **Christina Pewaush** on June 25, from Auntie Joanne, Dan, and Chris • **Kenneth Weyaus Jr**. on June 29, from Auntie Joanne, Dan, Chris, and Auntie Tammy and family • **Shyla Lussier**, 12 on June 24, from Mom, Destanie, Jordan, Grandma Gina, Uncle Dal, Dilly Bar, Elvis, Grandma Nazz, Papa, and the Weyaus family • **Peter Gahbow** on June 20, from Nancy, Kyla Lynn, Dakota, and Tea Bag • **Suzanne Merrill,** from Nancy and the kids, Lydell, McKayla, Desi, Gladys, Ron, Collin, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr., Aubrey, Roxann, and Danica • **Spud**, from Al, Coda, Kyla and Nancy • **Rachel Cash**, from Nancy, Dakota, Kyla and Albert Gahbow • **Mess**, from Kyla, Al, Dakota and Nancy • **Alena Susan**, from Kyla, Nancy, Albert and Dakota • **Jared**, from Nancy, Kyla, Albert, Dakota, Nelle and family • **Steven Hanks**, 51, from Lorna • **Rome Bedausky** on June 7, from Grandma Mary, Grandpa Jon, Mom, Lucas, Brent, Taryn, Veronica, Camryn, Jerome, Ed, Tim, John, and Larry • **Veronica St. Clair** on June 10, from Auntie Mary, Brenda, Chell, Dad, Jerome, Ed, Cam, Rome, Brent, Camryn, Taryn, Grandpa Matt, and Ruthy • **Boob** on June 1, from Nelle and family • **Marlow** on June 2, from Nelle and family • **Corinna** on June 23, from the Weyaus kids • **Charles Shingobe Jr**. on June 3, from Dad, Sister, Chuck, Sam, Dan, Amber, Sunshine, Hunter, Elvis, Ethan, Ty, Jeannette and Jasmin • **Chuck** on June 12. from your daughter, Chucky, Charles Jr., Ethan, Ty, Jasmin, Sam, Dan, Amber, Sunshine, Hunter, and Elvis • **Craig** on June 9, from Nelle and family, Rachel, Waylon, Mickey, Phillip, Nadine, Balek, Cahr, Whitney, PJ, Chick, Grandpa Doug, Arielle, Nick, Jayla, Jenai, Leo and Nick • **Damian Beaulieu** on June 23, from Nelle and family • **Millie and Batiste** on June 12, from Nelle and family • **Jakob Wind** on June 5, from Raenelle and family • **Jenai** on June 4, from Raenelle and family, Rae, Waylon, and Craig • **Caleb** on June 18, from the Weyaus family • **Connor Boyd**, 9 on June 25, from Mom, Dad, Shane and Courtney • **Lance** on June 23, from Heather, Daniel, Thomas Virnig, Leo, Nick, Mickey, Phillip, Nadine, Blake, Char, Whitney, PJ, Chick, and Grandpa Doug • **Dad** on June 9, from Johnny and Asia • **Dad** on June 9, from CJ, Jordan, Max Dean, and Aiden • **Elias** on June 24, from Tank, Alizaya, Kloey and Kobe • **Tammy Smith** on June 24, from Brandi, Brandon and Whitney • **Roger Garbow** on June 28, from Tammy, Brandon, Whitney, Elias, Tank, Alizaya, Kloey, Kobe, Mom, Dad, Lydell, McKayla, Gladys, Ron, Collin, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr., Aubrey, Roxann, Danica, Juni, Roy, and Jillian • **Roland Smith** on June 18, from Tammy, Brandon, Whitney, Elias, Tank, Alizaya, Kloey, Kobe, Roland Jr., Mom, Dad, Lydell, Desi, McKayla, Collin, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr., Aubrey, Roxann, Danica, Bev, Rog, Juni, Roy, and Jillian • **Tayaunna Boyd**, 3 on June 1, from Tammy, Brandon, Whitney, Elias, Tank, Alizaya, Kloey, Kobe, Mom, Dad, Lydell, McKayla, Gladys, Ron, Collin, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr., Aubrey, Roxann, Danica, Bev, Rog, Juni, Roy, and Jillian • **Big John** on June 29, from Mom, Lydell, McKayla, Desi, Gladys, Ron, Collin, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr., Aubrey, Roxann, Danica, Rog, Juni, Roy, and Jillian • **Sty Hanks** on June 18, from Lydell, McKayla, Desi, Gladys, Ron, Collin, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clayton Jr., Aubrey, Roxann, and Danica • **Lil Kevin** on June 23, from Mom, Dad, Sissy, Grandma Kim, Papa Brad, Elias, Dede, Grandma Karen, Grandma AA, Tracy, Shelby, Max Dean, Jarvis, Jake, Jamie, Aiva, Marky, Emery, Sharon, Wally, Ravin, Melody, Rachel, Nicole, Chris, Jameson, Cordell, Lil Chris, Bruce, Jayla, Lili, Bradley Eric, Kristy, Peyton, Braelyn, Jay, Kate, Peep, Adam Parker, Micki, Phil, Nadine, Charlotte, Whitney, PJ, Renae, Jeremy, Cameron, Keona, Sherry, Shawtel, Gabi, Nancy, and John • **Ravin** on June 30, from Mom, Dad, Bev, Tamera, Missy, Brandi, Brittany, Corey, Mike, Nick, Rick, Barrett, Romeo, Jason, Brooklynn, Lil Bear, Val, Mariah, Kevin, Karen, Grandma AA, Tracy, Shelby, Max Dean, Jarvis, Jake, Jamie, Aiva, Marky, Emery, Sharon, Wally, Melody, Rachel, Nicole, Chris, Jameson, Cordell, Lil Chris, Bruce, Jayla, Lili, Bradley Eric, Kristy, Peyton, Braelyn, Jay, Kate, Peep, Adam Parker, Mickey, Phil, Nadine, Charlotte, Blake, Whitney, PJ, Renae, Jeremy, Cameron, Keona, Sherry, Shawtel, and Gabi

Happy June birthday to Mille Lacs Band Elders!

Mary Ann Ailport
Donald Anderson
Randall Anderson
Ronald Anderson
Shirley Beach
Arvina Benjamin
Shirley Boyd
Clifford Churchill
Sherry Colson
Emma Compelube
Simon Day Jr.
Ellagene Dorr
Peter Dunkley
Roberta Fox
George Garbow Jr.
Melanie Garbow
Marilyn Gurneau
Bruce Hansen
Devona Haskin
Catherine Hedstrom
Gwendolyn Holmes
Marlowe LaFave
Kathy Lathrop
James Matrious
Robert Mayotte
Beatrice Mitchell
Clarence Moose
John Morrow
Georgia Nickaboine
Alof Olson Jr.
Gordon Parr
Charlene Shingobe
Charles Shingobe
Warren Skinaway
Pearl St. John
Frances Staples
Judy Swanson
Loris White
Judy Williams

Congratulations

Congratulations to **Joseph Bonilla** for graduating from Isle High School. We are proud of you, *from Mom, Dad, Alex Jr., David, Jonathan, Priscilla, and your family*.

• • •

Congratulations to **Stina Pike** for graduating from Nay Ah Shing Head Start. We are proud of you, *from your family*.

• • •

Congratulations to **Antavia Pendegayosh** for graduating from Head Start, *from Nay-Nay Pike*.

• • •

Congratulations to **Courtney Boyd** for graduating from Nay Ah Shing High School. We are proud of you, *from Mom, Dad, Shane and Connor*.

• • •

Congratulations to **Joe Nayquonabe Jr.** for graduating from the University of Minnesota. We are proud of you, *from your family*.

In memory

In memory of **Rebecca Christine Sam** – October 27, 1957-May 28, 2008

We all miss you every day, so much more than words can say. Its been three years without you, I still can't believe it is true. Your face, your wit, and your smile have been on our mind for a while. We feel lost without you, Becky Sue. All our love, *from Rachel Sam, Marsha Sam, Mickey Sam and family, Papa Doug, Doug Sam and family, Dale Ballinger and family, Randy Sam and family, Ardana Beaulieu and boys, Craig Beaulieu and boys, Adrian Bugg and family, Arielle Beaulieu and family, and Tony Beaulieu and family*.

Upcoming Mille Lacs Indian Museum Events

Kids craft workshop

Children can learn how to weave a dream catcher and make one to take home. Please allow an hour to make the craft. This project is recommended for children eight years or older.

The workshop costs $5 per kit and will be held on Saturday, June 11, from 11 a.m.-3 p.m.

Birch bark harvest workshop

Learn how to harvest, store, and work with birch bark in this two-day workshop. Participants will make a basket out of their harvested bark. This class will be held on Saturday, June 18, from noon-4 p.m. and Sunday, June 19, from 10 a.m.-2 p.m.

The workshop costs $60 for the general public and $55 for Minnesota Historical Society members and Mille Lacs Band members, plus an additional $10 supply fee.

A light lunch and refreshments will be provided. A minimum of five participants is required to host the workshop. Registration is required by June 15. Please call 320-532-3632 for more information.

Moccasin Telegraph

Summer traditions

By Kenny Weyaus, Mille Lacs Band Elder

The following article appeared in the July 30, 2003, issue of the Mille Lacs Messenger. *It is being reprinted with the* Messenger's *permission.*

In the past, I've written about some Ojibwe traditions for the fall, winter and spring. This time, I'd like to write about summer traditions.

In the summer, the Ojibwe people would gather by the shores of the big lakes. They would go fishing and hunt small game animals. They did not hunt big game animals during the summer because they had no means of preserving that much meat, and it would spoil. They also had little gardens with corn, beans and squash that they tended. The people worked hard to store up their food for the winter.

Summertime was when people did most of their planning for the year ahead and figured out what they would need. For example, if you needed a new canoe to go ricing in the fall, you gathered the birch bark for it in the summer. If you needed more bark for your home, you gathered it during the summer, too. People would make sheets out of the bark and sew them together, then roll them up to make them easier to carry.

People also gathered lots of berries in the summer and made them into little patties. Then in the winter, they would boil these patties and sprinkle them with maple sugar, and they tasted just as sweet and tasty as they had in the summer.

To get ready for the big, long winter, people would tan deer hides and work on clothing in the summer. Men did a lot of hunting and fishing. As I said, they hunted small game, like raccoons and ducks. When they fished, they knew how to make nets that were just big enough to catch what they needed.

They were good conservationists – they didn't waste anything. When they caught fish, they didn't just take the fish out and eat them. If they saw that a fish was female, they would squeeze the eggs out and deposit them back into the lake. If they killed a turtle for food, they used the shell for storage or as a plate.

They also moved their camps each year to be good conservationists. For example, in the summer they used elm bark when making their wigwams. Elm bark doesn't regrow within a year, so they wouldn't come back to the same area the next summer – they would leave the first area alone and move to a different area. That allowed the first area to regrow itself, and the trees and the animals would come back.

Mille Lacs Powwow Opportunities

By Sharon James, Mille Lacs Band Traditional Powwow Committee secretary

The Mille Lacs Band's Traditional Powwow on August 19-21 is one of the largest traditional powwows in Minnesota. The powwow attracts thousands of dancers and more than 2,000 spectators each year. There are several opportunities for Band members to participate in and volunteer at the powwow.

Royalty contestants

Band members or descendants of Band members ages 6-18 can compete to become Princess or Brave Royalty. The deadline to sign up is August 1, but the earlier you sign up, the more time you will have to accumulate points. To sign up, contact Kim Sam, royalty coordinator, at 320-532-5105.

You can also sign up to be a royalty judge. There are five primary judges and three back-up judges. We would like to have at least one representative from each district, including the urban area. If you are interested in serving as a royalty judge, please sign up with Kim Sam by August 3.

Cooks and caterers

Each year the powwow committee serves a feast on Saturday and Sunday. If you are interested in submitting a bid to provide one or both of these meals, please contact Sharon James, powwow committee secretary, at jameshq@q.com or 651-768-3248.

Assistant emcee and assistant arena director

The committee would like to train an assistant emcee and assistant arena director. These are paid positions, and our goal is to give more Band members the experience to serve in these roles. If you are interested in being hired for either of these positions, please contact Sharon James at jameshq@q.com or 651-768-3248. Applications are due June 20.

Tournaments

The powwow will include adult and youth horseshoe tournaments and moccasin games. Start practicing, because winning teams will collect cash prizes. Teams can register at the powwow grounds during powwow weekend.

Parade contestants

You can create a float for the annual parade. Entrance is free, and the top three floats and reservation cars win a cash prize. In addition, each Band department competes for a rotating trophy. We also need three parade judges. If you are interested in being in the parade or serving as a judge, please contact the parade coordinator. Details and contact information will be posted in each district community center.

Artists and food vendors

The committee is seeking vendors of authentic Native American products and food to set up booths at the powwow. Band members receive 50% off the regular vendor rate. Contact Denise Sargent at 320-532-7854 to register.

Powwow committee

Each year Band members and employees are invited to volunteer for the powwow committee. If you are interested in joining the committee, attend an upcoming powwow meeting.

- June 14 at 5:30 p.m. at the District I Assisted Living Unit
- July 12 at noon at Grand Northern Grill
- July 26 at 5:30 p.m. at the powwow grounds
- August 2 at noon at the powwow grounds
- August 9 at 5:30 p.m. at the powwow grounds

20th Annual Grand Celebration Powwow

The 20th Annual Grand Celebration Powwow will be held at Grand Casino Hinckley on June 17-19. The powwow is one of the largest in the area, and all Band members are invited and encouraged to attend.

Grand entry times are:

- 7 p.m. on June 17
- 1 and 7 p.m. on June 18
- 1 p.m. on June 19

Attendees are asked to bring their own chairs and drums to the powwow. Campgrounds are available during the event.

Calendar of Events

June 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Purchase Tickets* **Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com	*If you would like an event included in the community calendar,* **please contact Kelly Sam at 651-292-8062** *or write to Kelly at* **kelly@goffpublic.com**		1 **District I Community Meeting** District I Community Center 5:30 p.m. Contact: Judith Ballinger 320-532-7423	2 **Talking Circles** District I Community Center 5:30 p.m. Contact: KC Paulsen 320-532-4046	3	4
5	6 **Pine Grove Leadership Academy Meeting** 5 p.m. Contact: Melanie Benjamin 320-384-7598 **AMVETS Meeting** Grand Casino Mille Lacs, 6 p.m. Contact: Ken Weyaus 320-309-6925	7	8 **Narcotics Anonymous** District I Community Center 6-7 p.m. Every Wednesday	9	10	11 **Kids Crafts** Mille Lacs Indian Museum 11 a.m.-3 p.m. **Rodney Carrington*** Grand Casino Mille Lacs 6 & 9 p.m.
12	13	14	15	16 **Talking Circles** District I Community Center 5:30 p.m. Contact: KC Paulsen 320-532-4046	17 **Grand Celebration** Grand Casino Hinckey (See page 10)	18 **Birch Bark Harvest Workshop** Mille Lacs Indian Museum 12-4 p.m.
19 **Birch Bark Harvest Workshop** Mille Lacs Indian Museum 10 a.m.-2 p.m. **Grand Celebration** Grand Casino Hinckey	20	21 **District II Leadership Academy School Board Meeting** 4 p.m. Contact: Raina Killspotted 218-768-2345	22	23	24 **Friday Night Fights*** Grand Casino Hinckley 7:30 p.m.	25
26	27	28	29 **District IIA Community Meeting** Chiminising Community Center 5:30 p.m. Contact: Lesley Sam 320-676-1102	30 **Urban Area Community Meeting** All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson 612-872-1424 **District II Community Meeting** East Lake Community Center 5:30 p.m., Contact: Jenny Waugh 218-768-3311	July 1 **All government offices closed at noon**	2
3	4 **All government offices closed for Mid-Summer Day**	5	6	7	8	9 **Goo Goo Dolls*** Grand Casino Mille Lacs 7 p.m.

"What Have You Done Today To Make You Feel Proud?"

Guy Davis

"I got my residential auditor certificate from Dunwoody College."

Tara Robertson

"I just bought my first home."

Juanita Weyaus

"I'm teaching Ojibwe part-time at Nay Ah Shing School."

Cheryl Jones

"I started attending classes that will help me get college tuition assistance."

Patricia Potter

"I got a new job as a personal care assistant."

Sandi Jones

"I'm getting speech therapy for my daughter, Erykah."

Darrian Moose

"Learning my language has been really great, and it makes me feel proud. I've been living in Hinckley the past few months, but I keep coming to Nay Ah Shing because of the language classes."

Penny Kegg

"I got my certified nursing assistant certificate through Central Lakes College, and I'm looking for a job as a CNA."

Photos by Toya Stewart Downey

Onamia High School Graduates

Photo courtesy of Lana Oswaldson

Band members graduating from Onamia High School are Matt Chapel, Lanayah Austin, Breanna Enno, Robert Oswaldson, Rochelle Fraiser-Jones, Athens Sagataw, and Eva Sam. Not pictured are Michael Barany and Chelsea Shaw.

Boys & Girls Club Activities

Photo courtesy of Erik Parson

Members of the District I Boys & Girls Club helped clean up the community.

Photo courtesy of Edward Sablan

The Boys & Girls Club in District IIA helped clean up the Isle community recently.

Photo courtesy of Erik Parsons

Sherraine White, Noah Sablan, and Taya Sam Sablan skated with other members of the District IIA Isle Boys & Girls Club.

Photo courtesy of Erik Parsons

District IIA Isle Boys & Girls Club Advisors Charlie Sam and Jared Hanson skated with program participants.

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

July 2011 "The story as it's told." Volume 13 • Number 7

Gail Kulick Named Commissioner of Corporate Affairs

Gail Kulick was sworn in as the new Commissioner of Corporate Affairs in June.

Gail Kulick, a long-time Milaca attorney and civic leader, became the Mille Lacs Band of Ojibwe's Commissioner of Corporate Affairs in June.

As commissioner, Gail serves as the chief executive officer and chair of the board of directors for the Band's Corporate Commission, which analyzes new business opportunities and oversees the Band's existing businesses, including Grand Casino Mille Lacs, Grand Casino Hinckley, and numerous small businesses.

Gail plans to explore business diversification opportunities including more green-collar jobs, which essentially are blue-collar jobs supporting a mission to improve environmental quality.

"Coupling job creation with energy savings and environmental benefits would be a win-win for Band members and this region," said Gail, who believes there are other untapped manufacturing and agri-business opportunities. She also plans to utilize her well-established relationships with elected and appointed officials at the state and federal levels to benefit the community.

A Milaca resident for the past 32 years, Gail has owned her own law practice for 25 years. Her legal specialties include business governance, business entity formation, real estate acquisition and title clearing, and estate planning.

Gail served District 16A in the Minnesota House of Representatives from 2009-2011. She has also been a public defender in Mille Lacs County and the city attorney for Foreston, Onamia and Milaca.

Gail is an active Milaca Chamber of Commerce member and has served many local organizations, including the Milaca Economic Development Commission, Rum River Health Services Board, Mille Lacs Health Services Board, Mille Lacs Area Health Foundation, and Milaca School Board. She graduated summa cum laude from St. Cloud State University and has a law degree from the University of Minnesota.

"Gail's background in corporate law and as a respected local business owner makes her an ideal person to lead our Corporate Commission," said Marge Anderson, Chief Executive of the Mille Lacs Band. "She has good ideas for more economic development in our region, and has the experience we need to advance those ideas into reality."

Nay Ah Shing Graduates Saluted During Ceremony

Toya Stewart Downey

Nay Ah Shing Class of 2011 – Jordan Todd Bellcourt, Jordan Boyd, and Courtney Boyd.

By Toya Stewart Downey

After years of rising early, studying late, and meeting the academic challenges along the way, graduating from high school is deemed a major accomplishment in a young person's life.

In June, three students from Nay Ah Shing reveled in their accomplishments as their families, friends, school staff, and elected officials gathered to celebrate their "gashkitoon," an Ojibwe word that means success.

"A diploma is only a piece of paper. What's more important is what it stands for. It is a sign of gashkitoon," said Chief Executive Marge Anderson as she addressed the Class of 2011 – Courtney Boyd, Jordan Todd Bellcourt, and Jordan Boyd. "The challenge for you now is to embody gashkitoon from this day forward."

"By finishing high school, you have completed an important chapter in gashkitoon," she said. "You now have the skills and knowledge to make an important impact on our community and on the world."

Marge challenged the graduates to think about gashkitoon daily – to take small steps and practice it so it becomes a part of their lives.

"One more part of gashkitoon is using our Ojibwe language. As you know, there aren't always English words to express what we want to say," she said. "Our language has words and phrases that help guide our lives as Ojibwe people. They help us succeed in being who we truly are."

Education Commissioner Dennis Olson reminded the graduates that they have the power and knowledge to achieve their goals.

"Work hard. Know that success isn't necessarily your grade point average, your salary, your personal property, or even your awards," he said. "No one will ever be able to take away your education, your Ojibwe culture, or your language."

MILLE LACS BAND OF OJIBWE
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Nay Ah Shing School Video "Non Removable" Receives Top Awards at Minneapolis Film Festival

Students of Nay Ah Shing School participated in the Native CHAT (Natives for Curbing HIV/AIDS Transmission) Film Festival held at Augsburg College in Minneapolis on May 21. Native CHAT Film Festival is a one-day event where films created by American Indian youth in Minnesota are screened. "Non Removable," a video created by Nay Ah Shing School youth, was presented for review along with 22 other films.

There were three different divisions for film submission: HIV/AIDS, health and culture, and alcohol, tobacco and other drugs.

Films were judged on their technical quality by various film experts from the metro area and on viewer's choice. Each film was shown and the viewing audience chose their first, second and third preferences. "Non Removable" received the first place award in both technical quality and viewer's choice. Natalie Bueno and Kayla Cash accepted the award and a $550 prize for Nay Ah Shing School.

"Non Removable" addresses drug and alcohol abuse as one of the most severe problems affecting families living on the Mille Lacs Reservation. In the film, several band youth share their personal stories and how they are committed to help heal the community's pain caused by substance abuse. To view Nay Ah Shing School's winning video, visit http://www.youtube.com/user/NativeChat#p/u/15/5HJIzBvTuuE.

Marge Anderson Receives "Woman of Distinction" Award from the Minnesota DFL Women's Hall of Fame

Marge Anderson, Chief Executive of the Mille Lacs Band of Ojibwe, was recognized in June for her longtime commitment to DFL politics and government in Minnesota. The Minnesota DFL Women's Hall of Fame presented Anderson with its Woman of Distinction Award, honoring her achievements in strong governance, public service, and the advancement of women.

Marge is one of the nation's most respected tribal leaders and a foremost advocate for tribal self-governance and civic involvement. Her extensive honors include selection as one of the 25 most influential women in Minnesota by *CityBusiness* (now the *Minneapolis/Saint Paul Business Journal*) and one of the 100 most influential Minnesotans of the twentieth century by the *Star Tribune*. She also received the Tribal Leader of the Year Award from the National Congress of American Indians and was the first American Indian to receive an honorary degree from the Hamline University School of Law.

She was one of eight individuals who were named Women of Distinction by the Women's Summit Committee.

Ne-Ia-Shing Clinic Offering Extended Hours for Summer Months

The Ne-Ia-Shing Clinic, District I location, will be offering extended hours on Mondays from 5-7 p.m. starting in July for walk-in or scheduled appointments. All services are offered. Please call 320-532-4163 with any questions.

Students Raise Money to Purchase Vest for Elder

By Toya Stewart Downey

For many years, Band Elder Ole "Makoons" Nickaboine was a welcome fixture in the halls of both the Nay Ah Shing Upper and Lower Schools.

The children flocked to him, and for many of them, he was like a grandfather. Besides being a loving presence on the campuses, he would also perform both school's pipe and dish ceremonies.

"He loved that the kids called him 'grandpa,' and he had a great love for the kids," said Bonita Nayquonabe, a teacher at the lower school.

Because he was so adored, it was only natural that students wanted to honor him with a gift that he would cherish.

"All of the drumkeepers had a vest, and so we all decided that we wanted to honor him and give him a vest, too," Bonita said.

Initially, some students and their families contributed $1 each towards the gift. Then they decided to sponsor two lock-in fundraisers, with the lower school students paying $10 to participate and the upper school students paying $20. One fundraiser was an all-nighter, the other was held for a few hours.

The Upper School event was held at the school and the Hallett Community Center in Crosby where the students got to swim and ice skate as part of the festivities.

The manager of the center, Maurice Slepica, was happy to help the students with their efforts and said, "It was a pleasure to have them utilize our facility for a fundraiser that was so important to them."

Mille Lacs Chief of Police, Dwight Reed, got involved, too, and assisted with the students as well as taught some of them how to ice skate and play hockey. The Boys and Girls Club Staff and others helped chaperone.

Bugs Haskin, athletic and activities director for Nay Ah Shing, helped organize the events and said she was moved by the students' determination to raise enough money for Ole's vest.

Dozens of students participated, and their efforts paid off. Students and school staff raised $500 for the vest, which was made by Cheryl Minnema.

"We wanted to get him a vest so he wouldn't have to spend his money on one," said Mason Sam, 11, a fifth grader.

"He was just important to us," added classmate Marquis Fisher, 11. "He was always there for us, he did Circles, and he was a nice person to everyone. I just wanted to give him a gift of thanks for all he did."

Another classmate, Chelsea Benjamin, 11, said she felt proud that she helped raise money for Ole's vest.

"All the people who came to the lock-in really cared about him," said Chelsea, a fifth grader. "He would have been happy that we did that for him."

Sadly, Ole passed away on a Thursday, just one day before the students were going to present him with their gift.

"He never saw it, but we gave it to his family and he was buried in it," Bonita said. "We were really sad that we lost him."

Mike Nickaboine, Ole's nephew said the vest was, "absolutely beautiful."

"It's inspiring to know our youth respected my uncle enough to do this for him, he would have been very happy to know his teachings were taking hold," said Mike. "Hopefully the time he spent teaching our youth will stick with them for a lifetime, he had a lot of knowledge of our heritage and culture. He will be missed dearly."

Transitional Housing Offers New Opportunities for Residents

By Toya Stewart Downey

Within weeks of opening its doors, the Band's new supportive housing units on Bugg Hill quickly filled up.

Twenty families have taken up residence in the units that were designed to promote self-sufficiency while offering the tenants services to help them accomplish that goal.

"The response for these units was overwhelming," said Arlene Weous, the Band's director of housing. "We have already generated a waiting list for this property."

Families were selected on a need basis – either they were homeless or were living with family and friends in overcrowded conditions.

"The majority who applied were sleeping on couches, staying somewhere that wasn't their own home, or were homeless," Arlene said. "And they were the people who we were targeting."

The plan is that the residents will live in the units for two years and during that time they will work on achieving self-sufficiency.

After their 24-month cycle ends, a new group of tenants will move in. Housing services expects the turnover rate to be low.

To help achieve self-sufficiency, occupants will meet with case managers, health care professionals, educators, and others while they are developing their plans to become independent. There will also be group meetings with the property's coordinator to help residents stay on course.

The Band's Family Services Department is also involved in the project and has already assisted by donating furniture for the units. Health and Human Services is also a key collaborator in this project.

The new development has six three-bedroom units and 14 two-bedroom units.

The occupancy rate of each unit is based on the composition of each family. The residents' gender is considered as is the age of the children. The dwelling is set up for families, not single people.

The units are leased to Band members who are the head of their households and if there are children involved that person must have full, legal custody of their children.

Some of those who moved into the units have been on the Band's housing list, while others fit the criteria and needed a place to call home. Rent is determined by the resident's net income.

The policies are strict because they were designed to help residents become self-sufficient. For example, alcohol, drugs, and partying aren't allowed.

"We have a zero tolerance, but that's because we want it to be a safe and comfortable place for all of the tenants," Arlene said.

In the short time since they moved in, the families seem to be really happy about their new homes and excited about their new opportunities.

"I'm excited for them," Arlene said. "When I see their faces, especially the expressions of the children, they are filled with joy and that makes me happy."

Heating, Water, and Home-Related Maintenance Problems

If you live in a Mille Lacs Band housing maintained home, please call our customer service representative for maintenance service in your district during regular business hours at 800-709-6445, ext. 7799. If you live in a home not maintained by the Mille Lacs Band and need assistance after hours with utilities or heating, please call 866-822-8538. Press 1, 2 or 3 for your respective district.

District I Head Start Class of 2011

Photo courtesy of Cindi Cooley

Members of the Early Education Head Start program perform at their graduation ceremony.

"Our young graduates have left their footprints in our hearts and letting go is both sad and joyful," said Cindi Cooley.

The Head Start Staff would like to say, "Go spread your wings, explore all your options, and follow your dreams graduates!"

Early Education Program Recommends Routine Check-ups

By Paige Olson, Mille Lacs Early Education health specialist

September can sneak up on families, therefore it is important to determine when your child's physical exams, immunizations, and dental exams are due and take care of them before the start of the school year.

One lead test is required when a child reaches 12 months of age, and hemoglobin tests are required each year. Both of these tests and your child's immunizations can be done at the time of the child's physical.

Additionally, routine vision and hearing tests, as well as height and weight measurements, will be offered at the beginning of the school year. A reminder will be sent home to families in September explaining the screenings and when they will take place.

Not only are these preventative exams required by the early education program, but they also help detect health problems before they become serious and allow parents and children the opportunity to ask health questions.

If you have any questions regarding your child's health requirements and whether the Early Education Program has up-to-date records, please call Paige Olson, Gaylene Spolarich, or Berd Przybilla at 320-532-4690 to assist you.

Fitness Program Challenges Mille Lacs Community

The tenth annual Walk Around Mille Lacs challenge is taking place in July and August. The program is a way to encourage people to exercise and stay in shape.

Participants will walk a total of 120 miles during the program – an average of two miles per day. This is approximately equal to two laps around Mille Lacs Lake.

The program is open to all Band members and employees. Participants will receive a T-shirt for successfully completing the program.

For more information or to sign up, contact Jim Ingle, fitness coordinator, at 320-532-7547 or visit any of the fitness centers. If you live in the urban area and want to participate in the program, contact Barb Benjamin-Robertson at 612-872-1424.

Summer Per Capita Check Distribution

Checks will be distributed to all eligible Mille Lacs Band members on **August 4** at each Band member's home district. This distribution will include monthly, bi-monthly and tri-annual Band members only. Reminder: checks will be given only to the person whose name is listed on the check.

Pick-up locations

Elders and handicapped people living in District I, II, IIA, III and the Twin Cities urban area can pick up their per capita checks on **August 4**. The distribution sites include the District I Assisted Living Unit, the East Lake Community Center, the Isle Chiminising Community Center, the Lake Lena Community Center, and the Urban Office. Hours are 8 a.m.- 4:30 p.m.

If you are an Elder or handicapped person, live in Districts I, II, IIA, III, or the Twin Cities, and are unable to travel to your distribution site, please call the contact person below to make arrangements for your check to be delivered to you on **August 4**.

- District I: Kathy Heyer, 320-532-7472 or Jana Sam, 320-532-7466
- District II: Renee Moore, 218-768-3311 or 877-768-3311
- District IIa: Carmen Green, 320-676-1102 or 877-676-1299
- District III: Michelle Peer, 320-384-6240 or 877-884-6240
- Urban Office: Barb Benjamin-Robertson, 612-872-1424

Your check pick-up site will be at the following centers, depending on where you live:

Mille Lacs Government Center

For Band members living in Aitkin, Brainerd, Garrison, Hillman, Milaca, Onamia, Pierz and Wahkon.

East Lake Community Center

For Band members living in McGregor.

Isle Chiminising Community Center

For Band members living in Isle.

Lake Lena Community Center

For Band members living in Askov, Braham, Brook Park, Danbury, Finlayson, Grasston, Hayward, Hertel, Hinckley, Markville, Moose Lake, Mora, Pine City, Rush City, Rutledge, Sandstone, Siren, Sturgeon Lake, Webb Lake, Webster, and Willow River.

Urban Office

For Band members living in Andover, Anoka, Apply Valley, Arlington, Blaine, Bloomington, Brooklyn Center, Brooklyn Park, Burnsville, Champlin, Columbia Heights, Coon Rapids, Crystal, Eagan, Eden Prairie, Edina, Fridley, Golden Valley, Ham Lake, Hilltop, Hopkins, Inver Grove Heights, Lakeville, Lauderdale, Little Canada, Maple Grove, Maplewood, Minneapolis, Minnetonka, Mounds View, Newport, New Brighton, New Hope, Oakdale, Plymouth, Ramsey, Richfield, Robbinsdale, Roseville, Savage, Spring Lake Park, St. Anthony, South St. Paul, St. Louis Park, St. Paul, Wayzata, and Woodbury.

For all Band members who do not live in the towns/cities listed above, per capita checks will be at the Mille Lacs Government Center unless you make arrangements for pick-up at one of the other districts. To make arrangements, call the contact people listed earlier under "Pick-up locations."

Deadline for changing your pick-up site is at noon on **August 1**. Any changes after this time will not be valid. Call Kathy Heyer at 320-532-7472 or Jana Sam at 320-532-7466 to verify your change. There will be no exceptions.

Checks by certified mail

Those who can't pick up their checks on August 4 will have their checks sent out by certified mail August 5 to the address listed with the Tribal Enrollments Office. If you do not receive your check by August 30, contact Kathy Heyer at 320-532-7472 or Jana Sam at 320-532-7466.

Address and name changes

If your address or name has changed since the last distribution, it is very important that you send your new information to the Enrollments Office. The deadline for address and name changes is noon on **July 28**. There will be no exceptions.

All returned checks will be held at the government center and will not be sent out again until the Enrollments Office has received your updated address or name information.

Other important information

- You must show a picture identification to receive your per capita check.
- Per capita checks will only be given to the enrolled Band member to whom the check is issued. There will be no exceptions.
- Per capita checks will be used to pay delinquent Band loans, discretionary loans, emergency services loans, or Mille Lacs Band Court of Central Jurisdiction fines if they have not been paid. For loan status, call Pam Boyd at 320-532-7467. For court fines status, call Gilda Burr at 320-532-7401. For emergency services status, call Sharon James at 320-532-2552
- Per capita checks are taxable; therefore, all Band members who receive a per capita check should report it as income in the year received. You will receive a 1099-MISC form to remind you of how much income you should report on your tax return. Per capita checks should be reported as other income on a Form 1040 as other income not subject to self-employment tax. All future 2011 per capita checks will have federal income tax withheld as the amount of the per capita checks now exceeds the IRS required withholding limits for 2011.
- If you are receiving public assistance from the county, please contact your caseworker because the per capita may affect the amount you receive. If, based on discussions with your caseworker, you wish to decline receipt of your per capita check(s), please contact Kathy Heyer in the OMB Office at 320-532-7472 to get a per capita declination form.

Voter Engagement School

Native Vote Alliance of Minnesota, White Earth Nation, and Wellstone Action's Native American Leadership Program are hosting Voter Engagement School programs in White Earth and Mille Lacs.

People who are interested in learning the skills of civic engagement and nonpartisan voter organizing and getting involved in get out the vote efforts are encouraged to attend the program.

The course will cover the following subjects:

- Communicating an effective message
- Voter registration, education and mobilization skills and strategies
- Recruiting and working with volunteers
- Integrating voter engagement work with community and issue organizing
- Developing leaders
- Getting out the vote

The programs will be held on the following dates:

- Thursday, August 11, from 10 a.m.-5 p.m. at the White Earth Reservation Tribal Administration Building
- Tuesday, August 30, from 10 a.m.-5 p.m. at Grand Casino Mille Lacs

Contact Lori Thompson at 218-983-4648, ext. 5754, to sign up for the White Earth program and Elizabeth Scott at 320-630-2487 to register for the Mille Lacs program.

Early Education Department to Break Ground on New Building

You're invited to the groundbreaking ceremony:

Wednesday, July 6

9 a.m.

The Mille Lacs Band is starting construction on a new building for the early education department and the Head Start and Early Head Start programs.

The new building will be located at 43648 Virgo Road, Onamia, MN 56359.

Prescription Medication Abuse Increasing on the Reservation

By Mark Watters, Chemical Dependency Counselor

For years alcohol was the number one cause of death on the Mille Lacs Reservation. Today that cause is shifting rapidly. As community residents continue to sell, trade, share and abuse prescription medication, the number of lost lives continues to increase. One community member recently told my staff, "The drug abuse needs to stop. It's killing my family, and we have no one to blame. We are slowly killing each other."

A 2009 national study from the Substance Abuse and Mental Health Services Administration suggests that American Indians were "abusing prescription drugs at more than twice the rate of whites." Since then, the numbers have continued to increase. It takes some people several years to become chronic alcoholics, but prescription medication abuse can turn into addiction more rapidly. We see many clients with full-blown medication addictions in their early 20s.

Commonly abused prescription medications

The National Institute of Drug Abuse describes prescription drug abuse as "taking a prescription medication that is not prescribed for you, or taking it for reasons or in dosages other than as prescribed."

Many abused medications are prescribed for pain, anxiety, and/or sleep disorders. Commonly abused classes of prescription medications include the following opioids (for pain), central nervous system depressants (for anxiety and sleep disorders), and stimulants (for ADHD and narcolepsy):

Opioids

Vicodin®
OxyContin®
Darvon®
Dilaudid®
Demerol®
Lomotil®

Depressants

Nembutal®
Valium®
Xanax®

Stimulants

Dexedrine®
Ritalin®
Concerta®
Adderall®

The drug most frequently used as an opioid replacement therapy has been methadone. Unfortunately, for residents of the reservation, methadone has become another means of abusing prescription medications. Many deaths have been attributed to methadone abuse, sometimes in conjunction with the abuse of other prescription medications.

When addiction becomes dependence

As drug tolerance increases, abusers need more prescription medications to achieve the same effect. As the fear of withdrawal sets in, people become desperate to get the next dose. Much like the effects of alcohol abuse and dependency, the human body can only last so long under these conditions. Addicts reject the help they really need as a result of impaired judgment. Without support and intervention, the situation will only worsen.

Help is available

One community member asked, "When has the community had enough?"

Mille Lacs Band Behavioral Health encourages community members to contact our department with concerns, questions or the need for services related to chemical dependency and mental health. We continue to offer options for people who are seeking a better way of life. Please contact:

- District I: Deanna Sam at 320-532-7773
- District II: Mark Watters at 218-768-2431
- District III (Hinckley): Mike Kettner at 320-384-6696
- District III (Lake Lena): Monica Haglund at 320-384-0149

Band Member Marsha Sam Overcomes Challenges, Embraces Life

Toya Stewart Downey

By Toya Stewart Downey

In her younger days, Marsha Sam didn't drink alcohol even though others around her did.

However, two decades ago when the father of her children was tragically killed in a car accident while driving under the influence, Marsha started drinking to numb her emotions and ease her pain. She spiraled out of control, even though she knew her actions hurt others. She also knew that she really didn't want to drink, but it seemed the only way to mask her feelings.

"I was mad because he was gone. I was mad because he wasn't going to be there to help me raise our kids," said Marsha. "I didn't want to feel the loss and the pain, so I drank every day."

A turning point came in Marsha's life when her grandfather, Frank Skinaway, suffered a heart attack. He survived, but the experience caused Marsha to wonder, "What am I doing to myself?"

She checked herself into a treatment center and later a halfway house. It was during this time that Marsha realized she wasn't feeling well.

"I kept getting dizzy and having hot flashes, so I went to the doctor," she said. "They did some tests and then told me what was wrong with me."

The diagnosis was shocking. She had multiple sclerosis – a chronic and often disabling disease that attacks the central nervous system.

"The doctor came in, told me I had MS, said there weren't any cures, and then he walked out."

Appalled by the way she was treated, Marsha found a different doctor. She also began taking medications to help her with her MS and moved to Duluth to be near a medical facility.

"I was afraid to be far away from a hospital," said Marsha, who suffered seizures as a result of her disease. She remained in Duluth until about three years ago, when she returned to the Mille Lacs Reservation.

"I was assaulted by three men, and it got to the point where I was living in fear, so I decided to move home."

Because of her illness, Marsha stayed close to home. But she was lonely and felt like she wanted to do more with her life.

She attended a job fair and ended up landing a part-time job as a receptionist for the Corporate Commission. She's been in that role since January.

"I didn't know if I could work, because for a while I wasn't strong enough to stand up or walk," she said. "I couldn't stand without my legs trembling."

Marsha hadn't worked for about 10 years. Previously she had held a number of jobs, including as a blackjack dealer at Grand Casino Mille Lacs, as a receptionist at the government center, for Anderson Construction Company, and for the Minnesota Office of the State Archaeologist. She was also enrolled in cosmetology school at one time.

"I felt like I was deteriorating and my life was passing me by, so I wanted to work," she said. "I enjoy working with people, and it rejuvenates my spirit."

This month marks Marsha's 13th consecutive year of sobriety. She can get around without a cane or walker and hasn't had a seizure for a few years.

When she's not working, Marsha does beadwork – a skill she learned from her mother, Chris Sam, who passed about 20 years ago. She also spends time with her family members, including her dad, Doug Sam.

Though there are many challenges that come with having MS, one of the biggest ones for Marsha is that it has affected her ability to dance. For many years, she was a fancy shawl dancer. Now, because she can't move her legs the way she wants to, she only dances traditional dances, which rely on arm movements.

"If I tried the fancy dance, I'm afraid I might fall over," said Marsha. "It hurts me the worst that I can't dance like I used to."

Still, Marsha danced at last year's powwow and plans to dance again in August during the Mille Lacs Band's traditional powwow.

Marsha, who is quick to share stories and has a quirky sense of humor, acknowledges that she wishes she would have made different choices. However, her outlook is positive, and she likes to encourage people whenever she can.

"I tell them to get an education," she said. "I tell people they should set goals and work towards them."

Department of Natural Resources Update

The Mille Lacs Band Department of Natural Resources (DNR) welcomed three new employees to the department; Diane Nickaboine, John Benjamin, and Jim Mattson bring diverse work experience to the department.

Diane, a U.S. veteran, is the new DNR assistant/receptionist and handles administrative duties as the first point of contact in the office.

John transferred from Nay Ah Shing Schools to take over as the field operations coordinator. He will work with land maintenance technicians and coordinate with the Great Lakes Indian Fish & Wildlife Commission (GLIFWC) and other tribes on wild rice issues.

Jim, a former GLIFWC warden for 15 years, is now a conservation officer for District II.

Community garden

The DNR's community garden, a project started by John Benjamin, has kicked off its growing season with plenty of strawberries that will soon be available for public picking. The community garden is located in Onamia near White Bear Ranch and its produce is available to Band members on a first-come, first-served basis. For more information about the garden call the DNR office at 320-532-7439.

Black bears sighted

The DNR Enforcement Office wants the community to be aware of the black bears that have been spotted in the Isle area and request that residents secure lids on garbage cans, put away pet food, and take down bird feeders at this time.

Taking these precautions will discourage black bears from looking for an easy meal in the neighborhood until the wild berries ripen for them to eat. Please contact Chief Conservation Officer Mike Taylor or Conservation Officer Eric Hannaken at 320-630-2472 if there are any problems with bears.

Boat safety

With summertime in full swing, the DNR Enforcement Office would also like to remind everyone to always wear personal floatation devices while boating.

Central Lakes College Offers EZ Enrollment Days for New Students

Central Lakes College is hosting EZ Enrollment Days in July and August to provide prospective students with everything they need to complete the admissions process in one stop. Central Lakes College staff will be on hand to assist with the application process.

All that is needed to complete the EZ Enrollment process is $20.00 for your application fee and a photo ID.

At the end of each session, students will be registered for courses at Central Lakes College for fall semester. For more information about EZ Enrollment or to set up a meeting during one of the times listed below, please contact the Central Lakes College Admissions Office at 218-855-8037.

Mille Lacs Tribal College

- Wednesday, July 20, 11-5 p.m.
- Wednesday, August 3, 11-5 p.m.

Brainerd campus

- Thursday, July 7
- Thursday, July 21
- Thursday, August 4

Staples campus

- Tuesday, July 12
- Tuesday, August 9
- Tuesday, August 16

District I Valleyfair Trip

The District I Valleyfair trip is only for Mille Lacs Band members living in the District I service area and is scheduled for August 8. A letter will be sent out in July with more details. Please update your address with Tribal Enrollments to reflect your current residency.

After Years of Waiting, Band Members Thrilled to Move into Homes

By Toya Stewart Downey

Wendy Merrill was 20 years old when she applied to the Band's home rental program.

Six years later, Wendy's name made it to the top of the list, and she moved into the home she had waited for so patiently.

"I knew I'd get a house eventually, but when I got the call that I had one, I was so excited and anxious to move in," Wendy said.

She now lives in Isle in a three-bedroom, one-bathroom home with her husband and three children, ages 8, 6, and 10 months. The house is brand new and includes new appliances and a heated floor in the bathroom.

When Wendy signed up for the Band's rental program, she knew she would need to be patient, because it would be a long while before she'd get a house. She knew that the homes were in high demand and the turnover rate was fairly low.

To make sure she was compliant, Wendy kept her application updated. During the first few years, she called periodically to see if she had moved any closer to the top of the waiting list. As she got closer, she began calling more frequently to get status updates.

"I called so much that Gina Anderson [the Band's director of property management] always knew it was me and what I was calling about," she said. "Gina was so patient with me, because she knew how excited I was to get a house."

Before moving into her new house, Wendy lived with family members or rented apartments in other areas. However, she said, the rent was always more expensive than what she currently pays, and the places where she lived weren't as nice.

Wendy, who works for the Gaming Regulatory Authority, said she thinks the home rental program is a great asset to the Band, and that the rent and the policies that govern the program are reasonable.

Still, Wendy dreams of purchasing her own home; she is on the waiting list for the Band's home loan program.

East Lake Band member "grateful"

Equally excited about the home rental program is Band member Jeffrey Moose, who moved into his East Lake home in February.

Jeffrey, 38, said he "got himself into a fix and ended up homeless" for a while before moving into temporary housing in the Band's Assisted Living Units.

"I was on the waiting list for a place in East Lake for about four years," he said. "The place I have now is newly built. It's a two-bedroom, two-bathroom duplex with a garage."

"It's a great location and it's close to the community center," said Jeffrey, who works at the center in the maintenance department.

Jeffrey, who lives with his significant other and her child, said, "I'm very pleased and grateful. It's one of the nicer places I've lived."

Jeffrey is also on the waiting list for the Band's home loan program.

The joy of new residents

Ruth Sam, the Band's resident services supervisor, said she feels happiness every time she witnesses the joy of the new residents.

"After waiting for so long on the housing list, people are more than happy to move into the homes – some of which are brand new," said Ruth. "The looks on the kids' faces and watching them get excited about deciding which room is theirs, it just makes you smile."

"The tenants have been waiting a long time, so they really appreciate the homes," she added.

Just ask Nichole Day, who moved into her three-bedroom, two-bathroom home in District I in January. She had been on the waiting list for more than four years, while living in a Minneapolis apartment with her three children.

"My kids needed a bigger place to stay," said Nichole, 28, who works at the Grand Casino Mille Lacs Hotel. "And, it's less expensive to live here, so moving to District I made sense, because it's a lower cost of living."

Nichole, who said she kept her forms updated during the years she waited, didn't often think about when her name would reach the top, but she's happy it did.

"I'm happy about it, and it's much better than where I lived in Minneapolis," she said.

Community Healing Project Holds Essay Contest

Seven young Band members participated in the Community Healing Project's Father's Day essay contest. Participants were asked to write a paragraph about why their father (or male role model) is the best.

Clara Gahbow won first place, and Shauna and Meghanne Benjamin won second place. They received dinner at Woodlands Steakhouse with their dads.

Lonnie Bellcourt, Megan Saboo, Mackenzie Osburn, and Adam Benjamin were the runners-up. They received passes to take their dads to a movie.

The Community Healing Project also honored Dave Boyd, who is a member of the program. Dave is a very active participant in the lives of his two young girls, Toni and Terri. Dave received dinner at Woodlands Steakhouse with his daughters.

The submitted essays will be posted on the Mille Lacs Band's Facebook account (www.facebook.com/millelacsband) and in buildings around the community.

Our dad is the greatest dad in the world cause he loves me and my sister and we love him.

- Excerpt from Shauna and Meghanne Benjamin's essay

Free Driver's Education Classes

By Deb Campbell

The Department of Labor is offering free driver's education classes to adults 18 years old and over who need to take the written portion of the Class D driver's test. The course is open to those who have never taken the written driver's test or those eligible to retake the written driver's test and apply for a driver's license. Class size is limited.

The nine-hour course will cover the information needed to pass the written driver's test. The three-day, three-hour class sessions will be held 6-9 p.m. on Tuesday, July 19, Thursday, July 21, and Tuesday, July 26, in the Department of Labor Employment & Training Classroom. After session completion, the Department of Labor will provide transportation to the Driver's License Exam Center in Brainerd for participants to take the written exam on July 27, 28, or 29.

To pre-register and complete an application, visit the Mille Lacs Band Department of Labor office, located downstairs at the Mille Lacs Band Government Center, formerly known as the Workforce Center.

These classes will be scheduled in East Lake and Lake Lena at a future date. Please sign up at your local community center.

For more information, call the Department of Labor at 320-532-4741 or 800-922-4457.

District III Health Fair – August 4

The Aazhoomog Clinic will host the 4th annual Aazhoomog Community Health Fair on Thursday, August 4 from 8:30 a.m. to 2 p.m. in the District III Community Center gymnasium.

The event, designed to raise community awareness about health and wellness, will give community members an opportunity to learn about health resources and interact with employees from various departments. All Mille Lacs Band members and employees are welcome to attend.

Any department interested in having a booth at the event should look for more registration information to be posted on the Mille Lacs Band's Facebook page (www.facebook.com/millelacsband) or contact Donna Hormillosa at 320-532-6240.

Women's Talking Circle Shares Culture and Strives to Build Leaders

By Toya Stewart Downey

Band Elder Alvina Aubele wants to connect with the younger generation of women and girls in District III. She wants to help teach them useful skills, such as sewing, cooking, and how to read recipes. She also wants to pass along cultural practices that they can share with their children.

That's why when Alvina heard about the Women's Talking Circle that was being established in District III she wanted to participate.

"There's probably a lot the younger generation doesn't know, such as how to do crafts, take care of kids or everyday things like cooking," she said. "They are probably ceremonial things they don't know about either so this could help them."

The Women's Talking Circle began holding meetings in December. It meets at 5:30 p.m. on Tuesdays every third week and anyone of any age can attend. They meet for a potluck dinner and discussion at the Hinckley Corporate Commission Building.

The next meeting will be at 5:30 p.m. on Tuesday, July 19.

"I started this because we have women we need to mentor, and we have women we can learn from," said Melanie Benjamin, who founded the circle. "We can provide them with skills they can use in their families, on their jobs and in the community as a whole."

"It is for women and about women, but men aren't excluded," she added.

"Women are the backbone of our Ojibwe culture," Alvina said. "It is so important that we do this, because it's an important part of our culture."

The participants share their knowledge, expertise, successes and achievements. It's a safe place where questions can be asked and confidences can be held.

"We talk about cultural leadership, what that means, and what the responsibilities are," Melanie said. "We talk about what's happening in the lives of our women and our community and how we can help."

In one instance, it served as a professional networking opportunity. A teacher was needed for a class at Pine Grove Academy and one of the participants had a daughter, who was a teacher who was looking for a job. Within weeks, the school had a new teacher.

"We want everyone to play a role in making the community a better place and everyone has a role in that," she added.

"If we don't have talking circles we will lose everything we've learned from our Elders, our mothers, fathers and grandparents," said Alvina. "Hopefully our younger generation will see the importance of this and will join us," she said. "And, maybe they'll start a men's group.

One of the projects the women's circle worked on was making quilts for the recent Head Start graduation ceremony per a request from Diane Gibbs, the district representative for the area.

"We want to showcase our resources and our talents as community members," Melanie added.

Band to Survey Members on Broadband Service

The Mille Lacs Band has received a planning grant from the United States Department of Agriculture to conduct a survey to determine Band members' access to broadband service. The results of this survey will help determine if there is a need for expanded service in the Mille Lacs Reservation area.

Broadband is high-speed Internet access that is always on and faster than traditional dial-up access. The Band is establishing the survey process and will provide more information as soon as it is available.

"We want Band members to have the high-speed Internet access they need to help them work, find jobs, pursue online education, and make their lives easier," said Diane Gibbs, District III Representative. "The survey is the first step in understanding the Band's needs and deciding how to move forward."

Summer Youth Employment Program

Sixty-three young American Indians are receiving hands-on job experience this summer through the Mille Lacs Band's annual Summer Youth Employment Program (SYEP). The eight-week internship program started on June 20.

When the students applied for their positions, they identified the knowledge and job skills that they already had and what skills they wanted to learn during the program. The students were then placed in jobs at 29 worksites by Candace Shaugobay, SYEP facilitator.

Some participants were placed in positions in the Band's tribal government departments, such as the Department of Natural Resources, the Chief Executive's Office, and Public Health Department. Others secured jobs at non-Band owned businesses, including the Onamia Community Education Program and Country Corner Café in Isle.

In addition to gaining hands-on job experience, the students learn about ethics, workplace behavior, and leadership skills. They can also receive help with their resumes and other job-search materials from the Department of Labor.

"SYEP is an important opportunity for American Indian youth to receive hands-on experience in the workplace," said Candace. "Our youth are going to be the leaders of the future, and we need to help them develop the teamwork and skills that it takes to serve the community in a good way."

To be eligible for the program, the students had to be enrolled or direct descendants of a federally recognized tribe.

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

"The story as it's told."

Kelly Sam, Editor

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Please provide news tips and other information by the 15th of the previous month.

Avoiding Confusion – The Cobell Settlement and the proposed Nelson Act Settlement

Last month a federal court approved the $3.4 billion Cobell class action settlement, which will benefit many American Indians. This is different from the Nelson Act settlement, which Mille Lacs Band members have been long awaiting.

The Cobell litigation began in 1996 as a class action lawsuit brought by Elouise Cobell, who claimed to represent more than 500,000 Indian people who held Individual Indian Money (IIM) accounts. The money in these accounts was earned from individual allotments under the 1887 General Allotment Act (Dawes Act), through, for example, grazing fees and the proceeds from timber sales, mineral sales, and leasing. Cobell claimed that the government had mismanaged these monies, costing the Indian account holders billions of dollars. The government denied her claims and said the number of account holders was closer to 250,000. A settlement was finally reached in which the government agreed to pay $1.4 billion to individual account holders and $2 billion to re-purchase lands lost by tribes under the General Allotment Act. President Obama signed legislation approving the settlement agreement in December 2010. The federal court's approval of the settlement agreement in June was the last step to finalize the settlement.

Congress passed the Nelson Act in 1889. It provided for the sale of land and timber on Minnesota Chippewa reservations and did not affect any Indians other than the Minnesota Chippewa. During the time of the Indian Claims Commission (1947-1977), the Minnesota Chippewa Tribe (MCT) brought several actions against the United States. In two of the cases, the MCT claimed that the United States violated the Nelson Act by selling land and timber on MCT reservations for less than their full value, and by misspending the money it collected from these sales. During the late 1990s, the Tribal Executive Committee (TEC, the MCT's governing body) voted to settle these cases by accepting $20 million from the government, and then voted to divide the settlement funds equally among the six MCT bands. The settlement was approved by the Claims Court and the government deposited the funds into an account for the MCT.

Unfortunately, some of the bands objected to the TEC's decision to divide the settlement funds equally among the bands, effectively blocking distribution of the funds. After more than a decade of discussion, the bands could not all agree how best to divide the $20 million (which collected interest and is now close to $30 million). Recently, Congressmen Collin Peterson and Chip Cravaak introduced a bill to distribute the Nelson Act settlement monies. Their legislation, H.R. 1272, would distribute the settlement funds as follows: (1) reimbursement of certain litigation expenses incurred by the MCT; (2) a $300 payment to each MCT member; and (3) division of the remainder of the settlement funds equally among the six bands. The bill is currently pending in Congress.

Tribal Noteboard

Happy July birthday to:

Renee Gale, on July 10 from Antavia, Arielle, MJ, Chad and Steve • **Codgey**, 35, on July 5 from TJ and Kali • **Roberta Matrious**, 39, on July 6 from TJ and Kali • **Anna Banana**, on July 8 from TJ and Kali • **Miranda Benjamin**, 16, on July 9 from TJ and Kali • **Marissa Clare**, 20, on July 12 from your roommates • **Ryan Stone**, 36, on July 15 from TJ and Kali • **Julian James Jackson**, 36, on July 15 from TJ and Kali • **Tehlisse Ann-Louise**, 1, on July 19 from TJ and Kali • **Twyla Sam**, 29, on July 20 from mom, TJ, Jaime, Cathy, and the kids • **Stacy Boyd**, 24, on July 22 from TJ, Kali, Rachel and Waylon • **Dawn Marie White**, 8, on July 22 from TJ and Kali • **Stewy**, with love from Nancy, Kyla, Coda, and Al • **Jacob Cash**, with love from Auntie Nancy, Al, Kyla, and Dakota • **Boy (APB)**, on July 9 from mom • **Deze**, on July 9 from Auntie Barb • **Cedric**, on July 20 from Grandma Bearheart, dad, Uncle Paul, Auntie Day and family • **Memegwaa**, on July 1 from Kokum, papa, mom, aunties, uncles and cousins • **Jenny**, on July 7 from your nephews, nieces, sisters, brothers, mom and dad • **Nigel**, on July 7 from your wife, sons, daughter, mom, sisters and brothers • **Cedric**, on July 20 from Kokum, papa, mom, aunties, uncles and cousins • **Ryan Smith**, on July 15 from Nae Nae • **Gerald Moose**, on July 6 from mom, Zach, Kira, Ashley, Damian, Jazzy and Smokey • **Damian Regguinti**, 5, on July 27 from mom, sister, grandma, grandpa, Carrie and kids • **Karen H.**, on July 13 from Rachel and Waylon • **Whitney**, on July 14 from Auntie Rae and Waylon • **Jordan B.**, on July 25 from dad, Max Dean, Aiden James, Arielle, Tony, Rachel, and Waylon • **Max Dean**, 1, on July 12 from dad, Jordan, CJ, Aiden, Arielle, Tony, Rachel, Waylon, Papa Turk, Chicky, and Papa Doug • **Deanna Sam**, on July 8 from Waylon and Rachel • **Daymon Fronco**, 2, on July 4 with love from mommy, Beaner, Shawsha, Soul, Dante, Maysun Jr., Gramma, DeaLayna, Stone, Derek Jr., Frankie, Rachel, Joe, Donny, Moobutts, Sheila, Joey, Jim, Jeannette, Bruce, and Danielle • **Jeannette**, 9, on July 31 with love from dad, mom, Gramma Vera, DeaLayna, Stone, Derek, Frankie, Mary, Selena, Dante, Maysun, Shawsha, Soul, Daymon, Rachel, Joe, Simone, Donny, Sheila, Joey, Bruce, and Danielle • **Valerie**, 7, on July 4 with love from auntie, Curtiss, Jaxin, Elle Nevaeh, Tommy Lee, Chaddy, Gabby and Lance • **Nessa**, on July 12 with love from Day and family in Isle • **Thomas**, on July 13 with love from Tommy Lee, Chaddy, Gabriella, Lance, Day, Elle Nevaeh, Jaxin, and family in Isle • **Tay Tay**, on July 13 with love from Auntie Meany and family in Isle • **Jaxin**, 7, on July 20 with love from mom, Elle, Tommy Lee, Chaddy, Gabriella, and Lance • **Gramma Tisha**, on July 20 with love from Chaddy, Gabby, Lance, Tommy Lee, Dalene, and Thomas • **Day**, on July 21 with love from Curt, Chaddy, Elle Nevaeh, Gabby, Tommy Lee, Jaxin, Lance, Big Happy, B-Dub, Bice, Diamond, Silas, OJ, The Bad Man, Buck Jim, APB, Paul Bunny, Carrie and kids, Tina, Dulce, and Erik • **Auntie Wanda**, on July 19 with love from Jaxin, Day and family • **Alicia**, on July 23 with love from Tommy Lee, Chaddy, Gabby, Lance, Day, Jaxin, Elle Nevaeh, and family in Isle • **Jerry**, on July 6 with love from Auntie Day, Elle Nevaeh, Curtiss, Jaxin, Tommy Lee, Chaddy, Gabby, and Lance • **Gabriella**, 1, on July 10 with love from Grandma Sylvia, mom, dad, Jaxin, Elle, Tommy Lee, Curtiss, Grandpa Tom, Grammy, Jakey, Amber, Eric, Tina, Dulce, Tanya, Junior, Anthony, Tory, Maria, B-Dub, Owen, Diamond, Silas, Josh, Kali, Big Happy, Antaysia, Latasha, Auntie Jay, Dana, Aniyah, Great Grandma Loris, Deondre, Rainy, Chad, Mary, Antavia, Arielle, and family in Isle.

Happy July birthday to Mille Lacs Band Elders!

David Niib Aubid
Darline Barbour
MaryAnn Belgarde
Roberta Benjamin
Donna Boodoo
Lewelyn Boyd
Randall Clark
Martha Davis
Rosella Eagle
Vernon Frye
Donna Gilmore
Karen Harrington
Caylen Jansen
Margaret Johnson
Loretta Kalk
Debra Kamimura
Dixie Kamimura
Judith Kanassatega
Richard Keller
Debroah Kersting
Darlene LaFave
Bonita Lucas
Virginia Mann
Lucille Merrill
Meskwanakwad
Letitia mitchell
Carol Nickaboine
Debra Olson
Sonja Peroceschi
Joseph Pewaush
Steven Premo
Bradley Roache
Elfreda Sam
Alicia Skinaway
Geraldine Skinaway
Loretta Smith
Andrew St. Clair
Ruth St. John
Patricia Thomas
Jolette Zapf

Congratulations

Congratulations to **Meghan Door** for graduating from Rogers High School *from grandpa, grandma, and family*.

• • •

Congratulations to **Casey Dorr** for receiving his doctorate degree *from the Dorr family.*

• • •

Congratulations to **Michelle Benjamin** for graduating from Central Lakes College.

Thank you

Thank you to everyone for the flowers, thoughts and prayers when Ronald Dorr passed away *from the Dorr family*.

In memory

In loving memory of **Valerie Ann Skinaway (Auntie Cookie)**

Thinking of you on your birthday – July 14 – and everyday. We love you and miss you. Always in our hearts, *from Meany girl and family*.

Obituaries

Herman Keg
Born - 10-15-1927
Died - 5-23-2011
Lived in Onamia, MN

Baby Boy Aubid
Born - 5-23-2011
Died - 5-23-2011
Lived in East Lake, MN

Dorothy (Skinaway) Frye
Born - 1-9-1932
Died - 6-2-2011
Lived in Minneapolis, MN

Dallas Laverne Lovejoy
Born - 9-5-1986
Died - 6-7-2011
Lived in Park Rapids, MN

Leslie Ann Davis
Born - 5-11-1972
Died - 6-8-2011
Lived in Onamia, MN

Jose Raul Mojica
Born - 1-12-1968
Died - 6-9-2011
Lived in Garrison, MN

Randall Todd Nickaboine
Born - 8-31-1965
Died - 6-16-2011
Lived in Onamia, MN

State Government Headed for Anticipated Shutdown

The Minnesota Legislature adjourned its regular session on May 23 without balancing the state budget. Minnesota is facing a $5 billion deficit going into the next two-year budget cycle, and state leaders disagree on how to balance the budget.

The Minnesota Legislature and Governor Dayton need to compromise on a budget before the current budget expires on June 30. At the time of publication, a budget deal has not been made, and it is anticipated that state government will shutdown on July 1.

All state services – except those deemed critical by a state court – will shutdown until the budget is resolved. It is unknown which services will be deemed critical, however, public schools, state parks, state-funded construction projects, and human services would likely be affected. Additionally, thousands of state employees could be laid off.

In 2005, a partial government shutdown closed a few major state agencies for eight days. It is anticipated that a government shutdown on July 1 would affect several more agencies, and it is unclear how long it may last.

During the state government shutdown, the Band government will conduct business as usual, but it will likely face some challenges due to a temporary lack of state funding and staffing. The Band will provide regular updates to Band members.

Gaming expansion remains a threat

Legislative leaders and Governor Dayton could still consider gaming expansion as a way to try to solve the state's budget deficit. The Band is watching for gaming expansion proposals of any kind.

No matter what the proposed expansion is, it would hurt Grand Casinos and East Central Minnesota. Gaming expansion could result in a loss in jobs, revenues, tourism, and economic development opportunities. These losses would be difficult, if not impossible, to recoup.

You can make a difference

If you want to join the Band and Grand Casinos in opposing gaming expansion – and to receive regular updates about the potential government shutdown – please visit the Mille Lacs Band Action Center at www.millelacsband.com.

2011 Grand Celebration Powwow

Grand Celebration was held at Grand Casino Hinckley on June 17-19.

Hundreds of Native American dancers from around the country and Canada gathered for the 2011 Grand Celebration Powwow. Shown here are boys' grassdancers.

Grand Celebration Powwow featured more than 30 dance competitions, including men's traditional dancers (shown above). This event is one of the largest competition powwows in the nation.

The women's jingle dress, which originated on the Mille Lacs reservation, is a favorite category to watch during the powwow.

Photos by Kelly Sam

Upcoming Mille Lacs Indian Museum Events

Kids craft workshop

Children can learn how to make a corn husk doll to take home. Please allow an hour to make the craft. This project is recommended for children 10 years or older.

The workshop costs $6 per kit and will be held on Saturday, July 9, from 11 a.m.-3 p.m.

Loom beading workshop

Learn the art of loom beading, create a design, put it on a loom, and learn how to apply the loom work to leather or cloth once it's finished in this two-day workshop. This class will be held on Saturday, July 23, from noon-4 p.m. and Sunday, June 24, from 10 a.m.-2 p.m.

The workshop costs $60 for the general public and $55 for Minnesota Historical Society members and Mille Lacs Band members, plus an additional $15 supply fee.

A light lunch and refreshments will be provided. Registration is required by July 20. Please call 320-532-3632 for more information.

Moccasin Telegraph

What my mother taught me

By Betty Kegg, Mille Lacs Band Elder (May 14, 1930-January 8, 2009)

The following article appeared in the August 25, 2003, issue of the Mille Lacs Messenger. *It is being reprinted with the* Messenger's *permission.*

My mother, Maude Kegg, is who I learned from. She was a strong woman. Everything I know from the past, or what to do, comes from her. She taught me my values, traditions and cultural crafts. My mom taught me to share and to do right for everybody. She taught me to not talk about people. She said don't ever do anything that you will regret, or that will hurt people. I've always thought about that.

People said we were poor, but we didn't know we were poor. I remember growing up, if somebody had more than what they needed, they'd go along and give it to other people. We had enough to eat. We didn't have money or brand new clothes, but we were happy. I never knew of Indians existing who didn't struggle day to day. Thank goodness this is starting to change for some of us.

My mother just loved people. She used to take young people in and raise them as her children. There were already 11 of us, and then she took in many more. One of them was my brother John Nichols. He became a linguistics professor at the University of Minnesota.

My daughter says I'm the same way as my mom when it comes to taking people in. One of my adopted daughters lives in Michigan; her name is Judy. My other daughter who lives here by me is my daughter Mary.

My mother taught me how to make crafts just like hers. For example, she taught me how to make basswood dolls and birch bark baskets. I used to go out and pick the basswood and bark when I was younger. Now the kids, my grandson, and other relatives do it. Making basswood dolls and baskets is not easy to do. My mom always knew the right way to do things, and she would tell me what to do. She wouldn't do it for me, but she'd always tell me what to do. When I make baskets now, people look at what I've made and wonder if it's my mother's work. It looks a lot like hers, but I could never fill her shoes, but at least I can do work that is like her work.

About two years ago, I made some really beautiful baskets with a new design. They were really challenging. They were just beautiful. The Mille Lacs Band needed some gifts to present to people on official occasions. One of my baskets was presented to Governor Ventura and the other one was recently given to Governor Pawlenty. It is nice to pass on our traditional gifts to others.

These days, I teach our traditions to my grandchildren and great-grandchildren. I teach them how to make fry bread. I taught my grandson, and he's really good at it, even though he's only eight years old. He's so good at everything. He even makes baskets with me, and little canoes. They are all so eager to learn. My kids and my grandkids are what keeps me going. I feel blessed.

My mother taught me to be thankful for everything that the Great Spirit has given us.

Calendar of Events

July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Purchase Tickets* **Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com	*If you would like an event included in the community calendar,* **please contact Kelly Sam at 651-292-8062** *or write to Kelly at* **kelly@goffpublic.com**		**Narcotics Anonymous** District I Community Center 6-7 p.m. Every Wednesday		1 **All government offices closed at noon**	2
3	4 **AMVETS Powwow** **Mille Lacs Indian Museum** **All government offices closed for Mid-Summer Day**	5	6	7 **Talking Circles** District I Community Center 5:30 p.m. Contact: KC Paulsen 320-532-4046	8	9 **Kids Crafts** Mille Lacs Indian Museum 11 a.m.-3 p.m. **Goo Goo Dolls*** Grand Casino Mille Lacs 7 p.m.
10	11 **Pine Grove Leadership Academy Meeting** 5:30 p.m. Contact: Melanie Benjamin 320-384-7598 **AMVETS Meeting** Grand Casino Mille Lacs, 6 p.m. Contact: Ken Weyaus 320-309-6925	12	13 **District I Community Meeting** District I Community Center 5:30 p.m. Contact: Judith Ballinger 320-532-7423 **District III Community Meeting** Grand Casino Hinckley, 6 p.m. Contact: Katie Draper, 320-384-6240	14	15	16
17	18	19 **District II Leadership Academy School Board Meeting** 4 p.m. Contact: Raina Killspotted 218-768-2345 **Women's Talking Circle** 5:30 p.m. Hinckley Corporate Office	20	21 **All District Elder Meeting** Mille Lacs Assisted Living Unit 11 a.m. Contact: Denise Sargent, 320-532-7854	22	23 **MLB Youth Golf Tournament** Grand National Golf Course 7:45 a.m. **Loom Beading Workshop** Mille Lacs Indian Museum 12-4 p.m.
24 **Loom Beading Workshop** Mille Lacs Indian Museum 10 a.m.-2 p.m.	25	26	27 **District IIA Community Meeting** Chiminising Community Center 5:30 p.m. Contact: Lesley Sam 320-676-1102	28 **Urban Area Community Meeting** All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson 612-872-1424 **District II Community Meeting** East Lake Community Center 5:30 p.m., Contact: Jenny Waugh 218-768-3311	29 **Pat Benatar*** Grand Casino Hinckley 8 p.m.	30
31	August 1	2	3	4 **District III Health Fair** Lake Lena Community Center 8:30 a.m.-2 p.m.	5	6 **Hank Williams Jr.*** Grand Casino Hinckey 8 p.m.

"What Were Some of the Most Important Lessons you Learned at School This Year?"

Shalen Nelson

"Reading and learning the stories."

Koda Corbine

"Math and adding numbers."

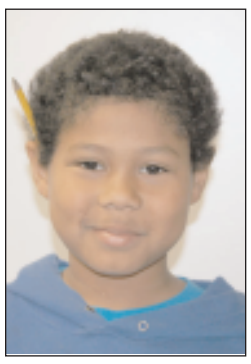
Danielle Hughes

"Animals make different sounds."

Rubyn Benjamin

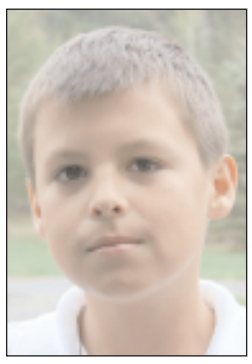
"About plants and science."

Doyle Martin



"Math games – addition and multiplication, and fishing."

Justyn Lundgren



"Catching and filleting fish. They taught us how to go sugarbushing and how to boil syrup."

Dallas Roseland

"Filleting fish, how to make wigwams, and sugarbushing."

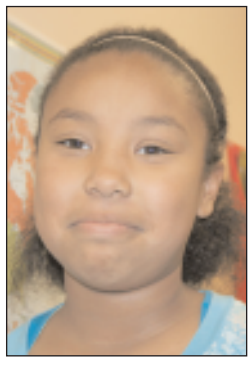
Davion Lumbar

"Math, division, multiplication and shapes. Building wigwams, fishing, and filleting fish."

Alliana Benjamin

"Reading and spelling."

Cameron Martin



"Math and algebra."

Photos by Toya Stewart Downey

Urban Area Community Picnic

The 12th annual urban end-of-the-school-year picnic and community celebration was held on Saturday, June 11, at Brackett Park in Minneapolis. There were multiple contests for the youth including hula-hooping.

Young Band members couldn't stay off the basketball courts while at the park.

Urban Band members enjoyed the day filled with fun, food and face painting.

Band members Deze Gordon and Pauline Sam take a moment to smile for the camera.

Photos by Toya Stewart Downey

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

August 2011 *"The story as it's told."* Volume 13 • Number 8

Storm Causes Extensive Damage in Lake Lena

Photo courtesy of Sid Lucas

Straight-line winds damaged trees in Lake Lena on July 1. The Mille Lacs Band will develop a re-seeding plan to help replace the trees damaged by the storm.

Around 7:30 p.m. on July 1, severe winds hit Lake Lena in District III at an estimated 111-135 miles per hour. Straight-line winds and a potential EF2 tornado caused extensive damage, leaving people without power, water, land line or cell phone service, and a way out of the destruction.

"It was an absolute disaster," said Diane Gibbs, District III Representative, describing the downed trees and power lines that blocked roadways and invaded some houses. "We are grateful that we had no Band member deaths or serious injuries."

Following the storm, local Band members, the Band's Department of Natural Resources and Department of Community Development, and local authorities came together to respond. In some instances the help did not come quickly enough, as some people with health issues were out of power when they needed oxygen, or trapped at home when they needed medications or dialysis. Others needed baby formula and edible food, since refrigerators and stoves were not working.

"Three trees were down in my yard after the storm, and more were still snapping over. There were even power lines holding up trees," said Lake Lena resident Bonnie Matrious.

Another resident, David Taylor, was at the home of his grandmother, Beatrice Taylor, when the storm hit. He, Bonnie and others went to check on neighbors when the storm ended. "It felt good to see everyone come together," David said. "People care, and you know you have good neighbors when things like this happen."

Response and challenges

"People in the immediate area pulled together very quickly," Diane said. "They worked side by side and didn't wait for direction. But it really helped when other responders arrived with equipment and resources."

There were understandable and unanticipated challenges that led to some of the issues with the response. For instance, the Pine County Sheriff's Department was hampered when its main radio tower lost power and the generator stopped; the tower was down until midnight. In the meantime, the department took 117 fire and medical calls that evening, according to Sheriff Robin Cole during a July 7 interview on WCMP in Pine City. "It was an emergency response nightmare," he later told the *Pine City Pioneer* (July 13).

The Pine County Sheriff's Department also had to tread carefully to ensure emergency responders' safety.

Brad Kalk, Commissioner of Natural Resources for the Mille Lacs Band, had members of his forestry crew ready to respond at 9 p.m. on July 1. He was asked to wait until local officials could make sure that there were no live power lines to endanger the rescuers. This delayed the DNR's forestry and land maintenance staff until the early morning of July 2.

Sid Lucas, the Band's director of public safety, lives in Lake Lena. "I immediately got my chain saw to assist others in clearing a path into the community," he said. "The most important job was to gain access to everyone, so that we could make sure they were safe."

Blocked roads made it as difficult for residents to get out as it did for responders to get into Lake Lena. That left many people stranded without electricity for several days, which meant they could not keep food refrigerated or frozen and could not cook very easily. Bathing and flushing toilets were also difficult.

Yet many people never complained. "One woman caring for her small grandchildren stayed patient and never even called for help," said Diane. "She got resourceful in finding water to flush toilets, and cooked what she could on her grill to feed them."

Other people who got out sooner were put up in hotel rooms 30 miles away at Grand

(Continued on page 2)

Photo courtesy of Sid Lucas

Severe weather damaged trees at the home of Sid Lucas, director of public safety and a DIstrict III resident. The storm caused extensive damage throughout Lake Lena.

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Storm Causes Extensive Damage in Lake Lena

Toya Stewart Downey

Lake Lena resident Bonnie Matrious (right) checked on Alvina Aubele (left) and other Band Elders after the storm to make sure everyone was safe.

(Continued from page 1)

Casino Hinckley, to the extent possible. Since the storm hit during the Fourth of July weekend, not many rooms were available. Furthermore, the Red Cross disaster centers that were set up after the storm were located in Markville and Cloverdale, Minnesota – both too far from Lake Lena to be of much assistance.

FEMA

The Federal Emergency Management Agency (FEMA) assessed the storm damage in Lake Lena on July 15. The final assessment will help determine how the federal government may help cover the repair and replacement costs that exceed the Band's insurance coverage.

Sheriff Cole told the *Pine City Pioneer* that state disaster aid is doubtful, as $6 million in damages is the assumed threshold for a disaster declaration. Tree losses do not count toward that amount, and property damages will likely fall under the threshold. About 12 homes were damaged, as well as property at the Pine Grove Leadership Academy.

Next steps

"We need to do a better job of responding to incidents like this," Diane said after the emergency subsided in Lake Lena. "Emergency response is never easy, but I know that we can be more efficient and effective. Band members depend on us."

As a result, Band officials are in the process of reviewing and improving the Band's emergency response plan. Sid says the Band is also making sure it is technically ready for another incident like this: "We had a large generator that wasn't connected to the well head at the community center. If it had worked, we would have at least had well water available."

The Band is still working on cleanup efforts and is moving into the longer-term repair/replace phase. Trees and brush are being hauled to the local baseball field and community wood piles. Some of the material will be used for firewood, while the remainder will be burned later this year to prevent it from becoming a fire hazard. A re-seeding plan will need to be developed to help replace the hundreds of acres of trees that were lost in the storm.

In addition to the Band improving its plan before the next incident occurs, Monte Fronk, the Band's emergency management coordinator, encourages individuals to be ready. "We should all keep flashlights and batteries at our homes. We should have non-perishable foods, bottled water, and a family safety plan. Get an inexpensive weather radio, so even if you don't hear sirens, you will know severe weather is approaching," he suggested at the District III community meeting in July.

Mii gwech

"Mii gwech to all of the community members and responders who came together, helped each other, and continue to help get this community back to normal," Diane said.

Special thanks goes to everyone who helped cut and remove trees from roadways after the storm, including Percy Benjamin, Tim Benjamin, Sid Lucas, Richard Martin Sr., Jay Martin, Lionel Richey, Roy Shabaiash Jr., Tom Snyder, and Wally St. John. Thanks also to Katie Draper and Shelly Peer at the community center, Band DNR and Community Development Department staff, Steve Hoburg, the District III tribal police office, and the American Red Cross.

Toya Stewart Downey contributed to the reporting of this article.

Mille Lacs Youth Make United Showing at Tribal Conference

Photo courtesy of Justin Beaulieu

Chief Executive Marge Anderson and 15 Mille Lacs Band youth took part in the United National Indian Tribal Youth conference in July.

More than 1,000 American Indian youth, including 15 from the Mille Lacs Reservation, attended the 2011 UNITY conference in Minneapolis. UNITY, which stands for United National Indian Tribal Youth, is a nationwide organization designed to empower tribal youth by fostering their mental, physical, social, cultural and spiritual growth.

"The Mille Lacs Band had one of the largest representations of youth at the conference," said Justin Beaulieu, director of the Band's Boys and Girls Clubs. "We're very proud to have so many kids who are thinking ahead to bettering themselves and their tribe through great opportunities like this."

UNITY conference participants discussed the major issues affecting tribes today, including health, families, culture, education, economic development, the environment, and tribal governments. They attended an education and career fair, and heard from government and economic leaders.

Mille Lacs Band Chief Executive Marge Anderson and Red Lake Nation Chairman Buck Jourdain were among the speakers. Buck referred to Marge as a mentor, and told the audience that the Mille Lacs youth were lucky to have her support and guidance.

Marge quoted President John F. Kennedy in her address, telling the youth, "To those whom much is given, much is expected."

"He was talking to me," Marge said. "And he also was talking to you, our next generation of American Indian leaders. You have been given a rich tribal heritage – rich enough to endure generations of hardship. UNITY, the organization that you have helped build, exists to help you gain the knowledge and skills to live up to what is expected of you."

Message from President Obama

A video message from President Obama was also played at the UNITY conference. He challenged the youth to take the Native American Youth Challenge.

Youth who have sought to improve their communities are encouraged to submit their stories in any of the following areas:

- Education, mentorship and afterschool programs;
- Sports, nutrition and fitness;
- Health and wellness, including youth suicide prevention;
- Substance abuse prevention;
- Healthy relationships;
- Anti-bullying and personal empowerment;
- Language and culture preservation;
- Arts and crafts;
- Emerging leadership in government service; and
- Economic and community development.

"The Boys and Girls Clubs in each district are brainstorming projects and stories to submit to the Native American Youth Challenge," Justin said.

The submitted stories will be considered to feature on the White House website, and one outstanding group of Native youth will be invited to the White House this fall during Native American Heritage Month.

Submissions are due on September 30, 2011. To get more information or submit an idea, contact Justin at Justin.Beaulieu@millelacsband.com or 320-532-7586.

Band Member Completes D.C. Internship

Photo courtesy of Carla BigBear

Mille Lacs Band member Carla Big Bear with the U.S. Capitol in the background.

Carla Big Bear, a student at St. Cloud State University, recently completed her internship and course work in Washington, D.C. She was one of 16 American Indians from across the country who participated in the Semester in Washington Politics Native American Political Leadership Program.

"I decided to apply so I could learn more about the relationship between the tribal and federal governments, and to see if I was suited for a career in law," Carla said.

During her semester in Washington, she took classes on electoral and legislative processes and a practicum on political management. Her internship was at Holland & Knight, a law firm that represents the Mille Lacs Band at the federal level. Her responsibilities as an intern included making phone calls to Congressional members' offices, running errands to the Capitol, doing research, and input on issues related to the Band.

Carla also built on her understanding of other tribal cultures.

"Even though every tribe is different, just like every state is different, building a diverse tribal network is invaluable," she said.

Carla is currently working toward a bachelor's degree in criminal justice and also works for the Band's grant department.

Safety Concerns Prompt Parking Rule Enforcement

By Todd Matha, Mille Lacs Band Solicitor General

The Mille Lacs Band of Ojibwe cares about the safety of its members, especially our young children. Unfortunately, what may seem like a petty parking rule in front of Grand Market could have serious consequences if violated.

Parking is not allowed in front of Grand Market at the section of the curb that is painted red. This area is clearly marked with "No Parking" signs. When visibility is blocked by illegally parked cars in that area, children may not be seen by drivers.

To avert a potential tragedy before it happens, the Mille Lacs Tribal Police will be strictly enforcing the "No Parking" zone starting in August. Violators will be fined $20.

Thank you in advance for helping create a safe and welcoming environment at Grand Market.

Heating, Water, and Home-Related Maintenance Problems

If you live in a Mille Lacs Band housing maintained home, please call our customer service representative for maintenance service in your district during regular business hours at 800-709-6445, ext. 7799. If you live in a home not maintained by the Mille Lacs Band and need assistance after hours with utilities or heating, please call 866-822-8538. Press 1, 2 or 3 for your respective district.

Back To School

Nay Ah Shing

As the 2011-2012 school year is about to begin, the Band's Nay Ah Shing Schools are gearing up to welcome back students on August 25. It is also family orientation day on August 25. Parents or guardian can stop by Nay Ah Shing High School's front office to register and verify the student's address or call 320-532-4695.

You must bring along a copy of the student's birth certificate and social security card to register at any of the schools.

Minisinaakwaang Leadership Academy

Minisinaakwaang Leadership Academy's new school year will start on August 8. The charter school, which holds classes throughout the year, is still accepting enrollments. To enroll, call Noah Johnson at 218-768-3477.

Pine Grove Leadership Academy

Classes will begin on August 29 for Pine Grove Leadership Academy's 2011-2012 school year. To enroll in Pine Grove, contact Melanie Benjamin at 320-384-7598.

Head Start for three- to five-year-olds

If you are looking for a fun, educational environment for your three- to five-year-old child, please contact the Head Start Program in your district for more information.

- District I: 320-532-4690
- District II: 218-768-3311
- District III: 320-384-7162

Please note that your child must be age three by September 1, 2011, in order to register for Head Start. The first day of Head Start begins on September 6.

Schedule your child's physical exam

Each child in Early Head Start/Head Start needs to have a physical with immunization updates and a dental exam before starting school. When making the appointment, you will need to state that the exam is for Early Head Start/Head Start to ensure that all requirements are met. A parent or guardian must accompany each child to these exams.

Please note, Mille Lacs Early Education's routine vision, hearing, heights and weights are scheduled for September 21 and 22. The program will also do lead and hemoglobin tests during this time.

For more information, contact one of the clinics listed below, or call Gaylene Spolarich or Berd Przybilla at 320-532-4690 for assistance.

- Ne-Ia-Shing Clinic: 320-532-4163
- East Lake Clinic/Community Center: 218-768-3311
- Aazhoomog Clinic: 320-384-0149
- Mille Lacs Health System: 320-532-3154

Immunizations required

The following immunizations are needed to start school this fall in all Minnesota schools.

Kindergartners must have:

- Five diphtheria, pertussis and tetanus (DPT) immunizations
- Four polio immunizations
- Two measles, mumps and rubella (MMR) immunizations
- Three-dose Hepatitis B series
- Varicella immunization
- Four doses of HiB vaccine, which protects against HiB disease that can cause meningitis, throat swelling, and infections (recommended, but not required)

Seventh graders:

- Two measles, mumps and rubella (MMR) immunizations
- Updated diphtheria and tetanus (DT) immunizations
- Three-dose Hepatitis B series
- Varicella immunization

Parents: Please note that the varicella immunization, also known as the chickenpox vaccine, is not required for students who have already had chickenpox. If your child has had chickenpox, please send the school nurses an approximate date of when your child had it. Also, please contact your clinic to schedule Hepatitis B shots for any child who has not yet had them. If your child has started but not finished the series of shots, your clinic can simply finish the series.

All students must have their immunizations up to date and on record with their school.

Band Elder Natalie Weyaus Shares Culture and Preserves History

Toya Stewart Downey

By Toya Stewart Downey

Though she's had a few different careers, Band Elder Natalie Weyaus believes she is now doing what she was always meant to do as the director of the Band's Tribal Historic Preservation Office.

"I know how important this job is to our people," said Natalie, 64. "We are preserving our history and our lands. We're making sure that our history isn't lost. We make sure that our burial grounds are safe and that our gathering areas are protected."

Natalie, who has been in her role as a tribal preservation officer for 11 years, knows how significant it is that the Band established such an office. The Tribal Historic Preservation Office was created in 1996 and is within the Department of Natural Resources.

"The Mille Lacs Band and the Leech Lake Band were two of the first 12 tribes to establish these offices in the United States," she said. "The Band developed its own statutes to regulate our nation and help protect our way of life."

Natalie believes she was offered the job because she had a strong knowledge of tribal laws from her time as an associate magistrate and as Chief Justice for the Band. She also brought her own lifetime of knowledge and experience.

Natalie grew up on the reservation and lived in a house behind where Grand Casino Mille Lacs now sits.

"Our house was where the playground is, and we walked to our school, Vineland Elementary, which was where the government center is," she recalled.

After graduating from Onamia High School, Natalie moved to the Twin Cities, where she worked for a dry cleaning business. Two years later, Natalie returned to the reservation and eventually married Robert Weyaus. The couple had five children together.

Tragically, Robert was killed in a car accident in 1979, when the couple's youngest child was just four months old. Natalie's role as a homemaker for her young children became her primary focus until they began school.

She then went to work as a teacher's aide in the public school system. After a while, Natalie decided to pursue her bachelor's degree in elementary education. She graduated from St. Cloud State University in 1989.

"I thought I'd get back into teaching, but then I was asked to be an associate judge for the Band, so I agreed to that," she said.

Natalie served in that role for about four years. While serving as an associate judge, Natalie also taught high school math and science. From there she moved into her role as Chief Justice. She later worked with the Band's Department of Health and Human Services and dealt blackjack for the casino off and on over the years.

"I did all of this as a single mom," she said. "I would send the kids to school, and then I'd go to school and be home by suppertime."

When the position of tribal historic preservation officer opened up, Natalie applied. It's a decision she's never regretted.

"I brought my own knowledge to the job, but since that time I have learned so much from others. We all learn from each other, and we share our cultures and traditions. That's one of the parts I like the most," said Natalie, referring to her interactions with other tribes.

Some of the things her office does include:

- Monitoring undertaking of federal agencies within the boundaries of the reservation
- Preserving the language, collections, culture, and traditional places of the Band
- Consulting with neighboring tribes on cultural places within the tribal lands
- Writing grants to support cultural preservation efforts
- Corresponding with federal agencies to request tribal review and consultation
- Overseeing a compliance officer and contracted archaeologist

One of her recent passions has been converting old footage from the Sherman Holbert collection to DVDs in an effort to preserve the 1950s footage that shows Band members dancing at the old powwow grounds and participating in activities such as gathering rice. She would like to use that same footage to create a documentary on gathering and harvesting rice.

Natalie answers Band members' questions about cultural practices, but adds, "I refer them to the Elders who know these things better than I do. I try to help when I can, but I don't consider myself to be an expert."

Natalie still lives on the reservation. She enjoys spending time with her 10 grandchildren, golfing, sewing, walking, reading, storytelling, learning Ojibwe, visiting with Elders, and researching her family history.

Know Your Child Support Rights

The Mille Lacs Band's new Tribal Child Support Enforcement Program assists Band members through the legal process of child support, including helping determine child support obligations and enforcing those obligations. The program opened this summer.

The Child Support Enforcement Program differs from county programs in several ways. The program reviews child support cases annually to determine increases in living costs, while the state and counties do this biannually. The program also offers on-site paternity testing.

The Band's program counts per capita payments as income to calculate the child support owed. Because county programs do not calculate this figure, you might not be getting the full amount of child support you are owed.

While county programs charge several application and collection fees, the Band's Child Support Program does not charge these fees.

The Child Support Enforcement Program office is located in the lower level of the government center. The office is open Monday-Friday from 8 a.m.-5 p.m.

For more information, contact the Child Support Enforcement Program at 320-532-7755 or visit the Band's website (www.millelacsband.com) and click on "programs and services."

Mille Lacs Band Hosts National Night Out

With everything from inflatable games to karaoke, National Night Out on Tuesday, August 2, will be a night of family fun for all ages. The festivities will begin at 7 p.m. at the government center.

The night will include a barbecue, karaoke provided by John and Sara Clemons, and hayrides courtesy of Dan's Catering Service. There will also be inflatable games, including a climbing wall, boulder dash, wrecking ball, carousel bouncer, and screamer slide.

During the evening, the Mille Lacs Band firefighters will face off against the Garrison firefighters in a waterball fight. Spectators of the waterball fight could get caught in the crossfire.

The Mille Lacs Band Tribal Police, Onamia ambulance crew, and the Garrison fire department will display their emergency vehicles for kids to explore.

If you plan to attend, bring your own lawn chairs or blankets to sit on. One beverage will be provided per person, but you may also want to bring additional beverages to stay hydrated throughout the night.

The Mille Lacs Band Tribal Police Department is hosting National Night Out, with assistance from Bugs Haskin, Nay Ah Shing athletic/activities director.

For more information, contact Officer Josh Kimball at 320-532-4181.

The Boys & Girls Club Enjoy Fun Summer Activities

Photo courtesy of Justin Beaulieu

Members of the Boys & Girls Club played lacrosse in District II East Lake.

Photo courtesy of Justin Beaulieu

The District II East Lake Boys & Girls Club visit a local nature center.

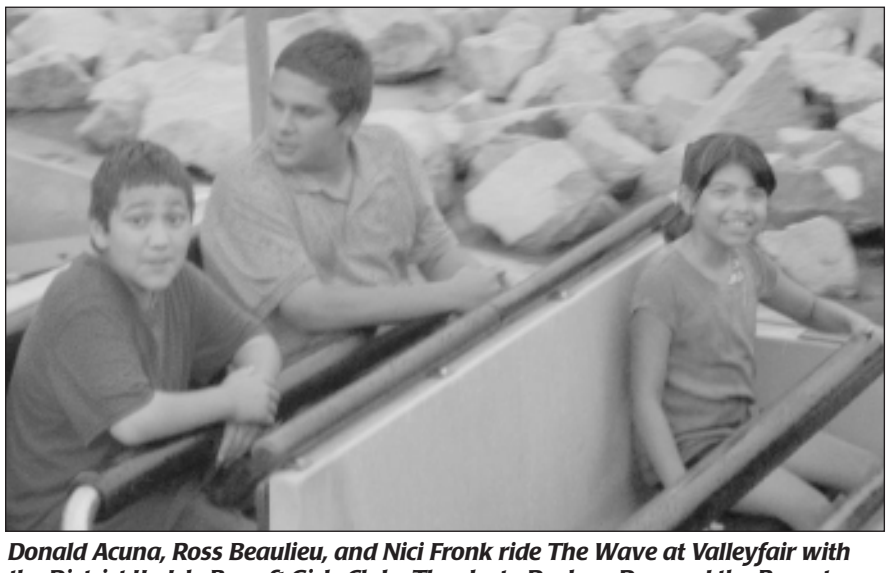

Photo courtesy of Erik Parsons

Donald Acuna, Ross Beaulieu, and Nici Fronk ride The Wave at Valleyfair with the District IIa Isle Boys & Girls Club. Thanks to Darlene Day and the Parent Advisory Committee for sponsoring the event.

Photo courtesy of Erik Parsons

Noah Sablan, Valerie Mitchell, and Quincey Sam played mini golf in Brainerd with the District IIa Isle Boys & Girls Club.

Photo courtesy of Weylin Davis

The District III Boys & Girls Club held a family barbeque in July. One of the activities students took part in were the balloon races.

Photo courtesy of Weylin Davis

District III Boys & Girls Club workers also take part in the family barbeque activities.

Photo courtesy of Weylin Davis

Band member Cedric LaFave participated in the District III Boys & Girls Club youth dance competition. The next dance competition will include Boys & Girls Clubs from each district on August 11 at 5 p.m. at the Lake Lena Community Center.

Photo courtesy of Erik Parsons

District IIa Boys & Girls Club members wait in line for the Wild Thing at Valleyfair.

Assistance Program Caters To Unique Needs of American Indians

By Toya Stewart Downey

American Indian families who live in the Twin Cities and are seeking assistance in becoming self sufficient have a strong resource in the Mille Lacs Band department of labor program.

The department of labor combines Temporary Assistance for Needy Families (TANF), Native Employment Works, and other job placement and training program funds to create a comprehensive set of employment services and supports.

Established in the urban area in 2005, the program serves Mille Lacs Band members as well as other Minnesota Chippewa Tribe members – Bois Forte, Fond du Lac, Grand Portage, Leech Lake, and White Earth.

Though the programming has only been offered in the Twin Cities for the past six years, the Band's program has existed since 1999.

Low income tribal members who live in Hennepin, Ramsey and Anoka counties are eligible for training and education support services and medical, food, and cash assistance services offered at the urban location.

Currently the department of labor program in the urban area serves 125 clients. In the past year it has served about 240 people.

Alberta Loso, office manager for the department of labor in the urban area, knows that more American Indian families could be served if they knew about the program and all it has to offer.

One of the greatest strengths of the Band's program is that it caters to the unique needs of American Indians, said Brenda Beaulieu, a former job developer for the urban office who now works in District I.

"Native people know what the needs are of other Native people, and we know the cultural needs," said Brenda. "We're able to provide a more personal touch and a personal atmosphere."

Prior to having access to the program's resources, families relied on their respective counties when seeking public assistance. Their cultural beliefs were never a factor in the conversations with case workers.

That is one of the key discussions that the staff at the urban office has with its clientele, Brenda said.

"We're not replacing the state program, but we're here to help Native families succeed," Brenda said.

The 11-person staff is also pushing their own agenda to help program participants achieve success and self-sufficiency. One way they do that is by promoting education and post-secondary education, Alberta said.

"We figure out what we can do to help," said Alberta. "We encourage them, and we try to get our clients to learn new skills."

That's because after an individual has received public assistance for five years, they're no longer eligible.

Those enrolled in the program are responsible for being active participants by conducting job searches and getting an education or some other type of training. They can receive assistance from the staff as often as needed.

"We like to see them monthly, but some we see more often," Alberta said. "Here our clients aren't just numbers, they're people and they matter to us, so we want to keep up with them."

Besides helping clients find jobs, the program in the urban area wants to help clients keep their jobs. Participants can also seek job referrals or additional training if needed, Brenda said.

"What we like to do is help clients succeed and transition off of the system," said Brenda. "This program isn't one that will fork over the dollars, but we do want our clients to use our program and meet their goals."

"With the state you have to fight for the right for benefits," Brenda said. "We understand the generational poverty and the cycle of hopelessness that happened with tribal members. We'll assist in ending that cycle of poverty and welfare."

For more information about the application process or to ask questions, call the department of labor office in Minneapolis at 612-746-4800.

TRIO Student Support Services available at Central Lakes College

Central Lakes College offers TRIO Student Support Services to help students easily transition into college life, achieve academic success, complete associate degrees, and smoothly transfer to a four-year institution.

Support services available include academic and financial advising as well as access to technology, career information, campus visits, and transfer plans to four-year institutions.

To participate in these services, you must be a legal U.S. citizen or resident enrolled in Central Lakes College as a first-generation college student, low-income student, or a student with a documented disability.

For more information, contact Megan Olson, TRIO Student Support Services advisor for the Mille Lacs Tribal College campus, at 218-855-8045 or molson@clcmn.edu. Megan will also be at Mille Lacs Tribal College for Central Lakes College EZ Enrollment on August 3.

Dorothy Sam Receives Human Rights Award

Photo courtesy of the Mille Lacs Messenger

Mille Lacs Band Elder Dorothy Sam was recognized in July for her commitment to the Band as a lifelong advocate for American Indian rights. The Mille Lacs Area Human Rights Commission presented Dorothy with its Human Rights Award, honoring her dedication to helping others and preserving the Ojibwe language and culture.

Dorothy was a long-time Band employee, serving as Chief Justice for many years and working to help those who struggle with chemical dependency. "Dorothy inspires the community with her constant compassion for all ages, races, and any other status," said Amanda Nickaboine, a human rights commission member who presented her with the award.

The Mille Lacs Area Human Rights Commission, established in 2005, works within the Mille Lacs area communities to promote civil and human rights; eliminate hate, prejudice and discrimination; and create a community that embraces diversity. Each year the commission recognizes individuals who strive to make this mission part of their daily lives.

Band Member Shoots A Hole in One

Photo courtesy of Black Bear Casino

Mille Lacs Band member Arlene Weous shot her first career hole in one during the Black Bear Annual Golf Tournament on July 16. She was rewarded with a 2011 F150 Ford pickup truck for her ace. The Black Bear Annual Golf Tournament is one of the largest Native American tournaments in the Midwest. This year, the tournament hosted 41 women's and 116 men's teams.

Internship Program Opens Doors for Band Youth

The Mille Lacs Band's Summer Youth Employment Program (SYEP) is providing 63 young American Indians with hands-on job experience this summer. The students have been placed in positions in the Band's tribal government departments, Band-owned businesses, and other local businesses.

Olivia Killspotted, who is 21 years old, is working at the District II early education program as a part of SYEP.

"I like being a role model for the kids in the Head Start program," said Olivia. "It's exciting watching them grow even in such a short time."

Olivia, who is in her sixth year of the program, is interested in studying early education at Fond du Lac Community College.

"Working with kids in the early education program has given me more insight into what it takes to be an early education teacher," she said. "These kids help keep me focused."

Waylon Moose, who will be a senior at Hinckley-Finlayson High School, is spending time this summer as an outdoor maintenance worker at the Ojibwe Language and Culture Center in Rutledge.

"This job and SYEP have been a great learning experience for me," said Waylon, who is planning to go to college after he graduates from high school.

A recent graduate of Mora High School, Adam Graham-Hansen is now working at Grand Auto & RV Care as a part of SYEP. Adam helps change the oil and check tire pressure of vehicles brought into the shop.

"This program has provided me work experience that I can put on my resume," said Adam, who plans to start at Fond du Lac Community College in the fall.

In addition to gaining hands-on job experience, the students learn leadership skills and can receive help with resumes from the Band's department of labor.

"SYEP is an important opportunity for American Indian youth to receive hands-on experience in the workplace," said Candace Shaugobay, SYEP facilitator. "Our youth are going to be the leaders of the future, and we need to help them develop the teamwork and skills that it takes to serve the community in a good way."

State Budget Passed Without Gaming Expansion

By Jamie Edwards, director of government affairs

After months of budget negotiations and a record-breaking 20-day government shutdown, the Minnesota Legislature and Governor Dayton compromised on a new budget. The final budget does not include gaming expansion.

The Mille Lacs Band is very pleased that we successfully defended our businesses against gaming expansion this session. Mii gwech to all of the Band members who signed up to help the Band oppose gaming expansion this year. Hundreds of our supporters contacted state legislators and wrote letters to the editor. These efforts helped spread the message to state leaders that gaming expansion would hurt our region and not result in a net financial gain for the state.

Despite our success during the 2011 regular and special legislative sessions, the issue of gaming expansion will continue to confront us in the months and years ahead.

If you have not yet signed up to support the Band and Grand Casinos in our opposition to gaming expansion, please sign up now by going to www.millelacsband.com and clicking on "Action Center." After you sign up, you will receive important updates about gaming expansion discussions and may be asked to voice your opinions to state legislators at key times.

Fitness Programs Encourage Band Members to Stay Active

Photo courtesy of Jim Ingle

Two participants in the Mid-Summer Fun Run/Walk took a break after completing the race.

The Mille Lacs Band Fitness Program Mid-Summer Fun Run/Walk in June helped Band members and employees stay active and enjoy the gorgeous summer weather.

A total of 75 people from all districts ran or walked the three-mile course. The Tribal Police Department helped keep the course safe for the participants. Nearly 60 people also participated in the fitness program's conditioning/wellness program for a month before the race.

One of the run/walk participants was Ginger Weyaus, executive director of the Health and Human Services Department. In the spring, Ginger and some of her coworkers decided to become more active.

"Before we started training for the run/walk, we weren't very active," said Ginger. "But the weather was starting to get nice, so we decided that we should be active outside."

At the beginning, Ginger could only walk one mile at a time. Now she is walking three miles at least five times a week. Ginger also does Zumba, a dance program on the Wii, three to four times a week.

"Once I started walking, I started feeling a lot healthier. I had more energy and wasn't quite as tired after I got home from work," said Ginger.

Ginger encouraged her family to walk with her. "Walking became a part of our nightly routine," she said. "We would walk two miles each night after dinner."

Now that the fun walk is over, Ginger plans to keep exercising with the help of Jim Ingle, fitness coordinator. Each week she checks in with Jim, who gives her exercise tips and helps motivate her.

Walk Around Mille Lacs

If you are interested in exercising and staying in shape, the fitness program is currently sponsoring the tenth annual Walk Around Mille Lacs challenge.

During the months of July and August, participants are walking a total of 120 miles during the program – an average of two miles per day. This is approximately equal to two laps around Mille Lacs Lake.

For more information about Walk Around Mille Lacs and other fitness opportunities, contact Jim Ingle at 320-532-7547.

District III Forms Softball Teams

By Katie Draper, District III administrative assistant

After winning the Band's softball tournament last fall, District III community members decided to put together two softball teams.

The men's team plays weekly games in the Siren Ball Park League in Siren, Wisconsin. The 12-person team has a 2-8 record and is eagerly anticipating the playoffs in September.

Tony Benjamin is the team's captain. He said that he is proud to bring community members together to play softball. More than half of the team is younger than 18 years old.

The women's team plays weekly in the East Central Softball League in Pine City. Thirteen women play on the team. The team, which has a record of 6-10, is hoping to make it to the state championship tournament in August in Fosston, Minnesota.

To pay for uniforms and league fees, the teams did some fundraising. District III Representative Diane Gibbs matched the teams' fundraising efforts. Chi mii gwech to Diane for believing in us.

Protect Your Home From Fire

By Richard Hill, housing department general manager

A house fire can strike at any time, especially when more people are at home during the summer. Below are some simple ways that you can help protect your home and your family from a fire.

Smoke alarm audit

Test your smoke alarms to make sure that they work and can be heard throughout the house. Replace alarms that are more than 10 years old.

Make extinguishers handy

Place a UL-listed fire extinguisher in an easily accessible location. Replace or recharge the gauge located on the extinguisher if necessary. Read the directions and familiarize yourself with how to use your fire extinguisher, so that you're ready in case of an emergency.

Talk to your kids

Talk to your kids about how they can prevent fires. Instruct them to not play with matches, lighters, candles, or electrical cords. Teach them how to stop, drop and roll if their clothes catch on fire. Look at your home from your child's perspective to see if there are any potential fire hazards.

Avoid overloading sockets

Check your electrical outlets to check if they are over-loaded with cords. Hire a professional to install extra outlets if yours are overloaded.

Remember to always carry some type of fire insurance for your belongings whether you own or are renting. This will help replace any personal belongings that may be lost in a fire.

Veterans Shelter Expands Services

The Gladys Ray Shelter, named after a Mille Lacs Band member, has expanded its services for homeless veterans through a partnership with the Veterans Affairs Health Care System. In May, the shelter, located in Fargo, opened a veterans drop-in center to better meet veterans' immediate needs.

The center provides showers, food, laundry, mail, job search programs, and other services for veterans. The center will also work to fight homelessness by centralizing services and programs available for veterans.

The late Gladys (Shingobe) Ray served in the U.S. Army Women's Medical Corps and worked at the Veterans Affairs Regional Medical Center in Fargo. Gladys helped develop Indian education programs for the Fargo Public Schools, the F-M Indian Center, Nokomis Child Care Center, and many other organizations.

Upcoming Mille Lacs Indian Museum Events

51st birthday celebration

Come and visit the Mille Lacs Indian Museum and help celebrate the historic site's 51st birthday on Saturday, August 6, from 11 a.m.-4 p.m.

Kids craft workshop

Children can decorate a shoulder bag while learning the art and culture of the Ojibwe. Please allow an hour to make the ring. This project is recommended for children six years or older.

The workshop costs $7 per kit and will be held on Saturday, August 6 from 11 a.m.-4 p.m.

Porcupine quill jewelry workshop

Learn the techniques of working with porcupine quills. Participants will make earrings, necklaces, and hair ties out of the quills. This class will be held on Saturday, August 13, from noon-4 p.m. and Sunday, August 14, from 10 a.m.-2 p.m.

The workshop costs $60 for the general public and $55 for Minnesota Historical Society members and Mille Lacs Band members, plus an additional $15 supply fee.

A light lunch and refreshments will be provided. A minimum of five participants are required to host the workshop. Please call 320-532-3632 for more information.

Open house

The Mille Lacs Indian Museum and Trading Post will open for special hours and offer free admission on Sunday, August 21 during its open house. The museum will be open from 11 a.m.-4 p.m.

Fun run

In conjunction with the Mille Lacs Band annual powwow, the Mille Lacs Indian Museum will host a fun run on Sunday, August 21, at 9 a.m. The start of the race begins at the powwow grounds and is a free event.

Tribal Noteboard

Happy August birthday to:

Rachel Sam, 29, on August 2 with love from Kelly, Jay, Kellen, mom, June, Taya, Noah, Deek, Jen, Wesley, and Barbara Jo • **Taya Rose Sam-Sablan**, 11, on August 20 with love from Auntie Kelly, Jay, Kellen, Grandma Tracy, mom, dad, Noah, Deek, Jen, Wesley, and Barbara Jo • **Sam Burr**, on August 27 with love from Kelly, Jay, Kellen, Tracy, Rachel, June, Taya, Noah, Deek, Jen and Wesley • **Carla BigBear**, on August 27 from Kelly, Jay, Kellen, mom and Papa Scott • **Alberta**, on August 5 from Dawn • **Derek Murphy**, on August 8 from Dawn • **Jeremy Drumbeater**, on August 15 from Valerie • **George Jackson Sr**., from Sandy, Cheryl and Thomas • **Patricia Jones**, on August 20 from Sandy, Cheryl, Thomas and grandkids • **Shayna Dakota**, from your family in Minneapolis • **Masceo Jackson**, from your family in Minneapolis • **Jack Daniel**, on August 2 with love from Danielle, DeaLayna, Stone, Derek Jr., mom, Frances, Simon, Rachel, Joe, Simone, Donny, Joey, Sheila, Jim, Bruce, Nettie, Mary, Bean, Dante, MayMay, Shawsha, Soul, and DayDay • **Papa Fronco**, on August 9, with love from DeaLayna, Stone, Derek Jr., Maysun Jr., Frances, Shawsha, Soul Son, and Daymon • **Shawsha Kay Shingobe**, 5, on August 16 with love from mom, Selena, Bean, Dante, Soul, May, grandma, DayDay, Danielle, DeaLayna, Stone, Derek Jr., Frances, Rae, Joe, Simone, Donny, Joey, Sheila, Jim, Nettie, Bruce, and Jack • **Ricki Boswell Jr**., 1, on August 8 from mom, dad, Antwaun, Laila, Baby Wax, Meatball, Grandma Francis, Franny, Snooki, Nee-Ma, Davis, Marlow, Cheyenne, Jaabaag, Leslie, Elaine, Lenore, Tyson, Tiffany, Eva, Jon, Faith, and everyone on Henry Davis Drive • **Justin (Wax) Mitchell Jr.**., 6, on August 28 from mom, Antwaun, Laila, Meatball, Nee-Ma, Mitzi, Ricki Jr., Jaabaag, Mick, Franny, Marlow, Cheyenne, Byron, Grandma Francis, Snooki, everyone on Henry Davis Drive, Debbie, Carmelena, Mataeo, Jade, Jessica, Sean, Brandon, and Amber • **Mahtao Nelson**, on August 15 from grandma and grandpa • **Reuben Gibbs**, on August 20 from grandma and grandpa • **Caraiah LaFave**, on August 22 from grandma and grandpa • **Cedar and Cedric LaFave**, from grandma and grandpa • **Denise Pike**, on August 31 from your family • **Laiaunna**, on August 11 from Rachel and Waylon • **Sharon**, on August 6 from Rachel, Waylon, Melodie Ra-quel, Raven, and Wallace • **Tony**, on August 6 from Rae • **Shante**, on August 23 from Rae • **Mick**, on August 20 from Rachel and Waylon • **Drelly**, on August 12 from Rae and Waylon • **Brad**, on August 15 from Rachel, Waylon, Raven, Melodie, Sharon, and Karen • **Jay**, on August 16 from your bros and sisters, and Rachel and Waylon • **Lils**, on August 30 from Rae and Waylon • **PJ**, on August 5 from Rae and Waylon • **Patrick**, on August 7 from Lenore, Tyson, Tiffany, Eva, Jon, and Faith Harmonie • **Susan**, on August 9 with love from Lenore, Tyson, Tiffany, Eva, Jon, and Faith Harmonie • **Deangelo**, on August 15 with love from Lenore, Tyson, Tiffany, Eva, Jon, and Faith Harmonie • **Dad**, on August 11 with love from Tyson, Tiffany, Eva, Jon and Evelyn • **Grandpa**, on August 11 from Evan and Jazmyn, Macoonz, and Faith Harmonie • **Ali Kegg**, on August 16 with love from Lenore, Tyson, Tiffany, Eva, Jon, and Faith Harmonie • **Tierra**, on August 26 with love from Lenore, Tyson, Tiffany, Eva, Jon, and Faith Harmonie • **Auntie Bunny**, on August 9 with love from Mary and kids, Rachel and kids, Danielle and kids, Jim, and Bruce • **Jordan Anderson-Garbow**, 14, on August 20 from daddy • **Bernadette**, on August 9 from Vera • **Robert Mitchell**, on August 1 from Carmelena, Bulla, Mataeo, Debbie, Sean, and Brandon • **Carmelena Mitchell**, 9, on August 27 with love from Grandma Deb, Papa, Mataeo, Sean, Jessica, Daddy Brandon, Amber, Peaches, Chongo, mom, Royce, Luciana, and Kiera • **Destiny Mitchell**, 9, on August 28 from Debbie, Carmelena, Mateo, Luciana, Keira, Sonya, Royce, Jade, Jessica, Sean, Brandon, and Amber • **Jade Racelo**, on August 19 from Beebahs, Peekaboo, Chongo, Peaches and Kitty • **Aubrey**, on August 16 with love from Lenore, Tyson, Tiffany, Eva, Jon and Faith • **Dawn Habeck**, on August 3 with love from Mary, Jerome, Brenda, Rome, mom, dad, Jay, and your children • **Timmy St. Clair**, on August 5 with love from Mary, Jerome, Brent, Taryn, Brenda, Rome, Ed, Miss Veronica, Matt Hunt, Chell, Baby Cam, dad, Auntie Nan, Larry, dad, and the rest of your family • **Brenda Bedusky**, on August 9 with love from mom, dad, Lucas, Rome, Jerome, Brent, Taryn, Nancy, Larry, Ed, Tim, Miss Veronica, Chell, Baby Cam, Fran, Trista, Paris, JR, Roberta, and the rest of your family • **Kira Sianna**, on August 5 with love from mom, Wakuta, Renae, Zachary, Jerry, Ashley and kids, and Smokey • **Gram Kim & Papa Brad**, on August 15 with love from Mariah and Kevin • **Clarence (Tarz) Boyd**, from Judy, Rod, Valerie, Samantha, Sarah, and all the greats • **Dayaunna**, 8, on August 3 from grandma and grandpa • **Beef Cakes**, from Slicey Boy Sam, Sonya, Keira, Luciana, Mataeo, and Carmelena • **Barbara Jo Bearheart**, on August 21 from Sami Thomas and family • **Jaylene Rose**, on August 10 from Barb • **David Shaugobay**, on August 11 from Marlys, Anthony, Richard, Rachel, Kelia, RaiLei, Jeremy, Candi, Cyrell, and Janice and family • **Daven**, on August 11 from Kelia and RaiLei • **Janis J**., on August 15 from Marlys, Richard, Rachel, Jeremy, Kelia, RaiLei, Candi and Cyrell • **Janice Shaugobay**, on August 27 from David, Marlys, Anthony, Richard, Rachel, Candi, Cyrell, Kelia, RaiLei and Jeremy.

Happy August birthday to Mille Lacs Band Elders!

Joe Anderson Jr.
Joyce Benjamin
Viola Buck
Rose Bugg
Joseph Crown Jr.
Geraldine DeFoe
Roger Dorr
Shirley Evans
Violet Ewert
Lorena Gahbow
Joseph Garbow
Mary Garbow
Roger Garbow
Carol Hernandez
Bernida Humetewa
Donna Iverson
Kathleen Johnson
Rueben Merrill
James Mitchell
Carol Mojica
Jacqueline Moltaji
Elmer Nayquonabe
Joseph Nayquonabe
Carol Sam
Darlene Sam
Karen Sam
Janice StandingCloud
Charles Sutton
Irvin Sutton
Marty Thomas
Russell Thomas
Joanne Weyaus
Leonard Weyaus
Richard Weyaus
Bonita White
Dale Wind
Michael Wind

Congratulations

Congratulations to **Carolyn Shaw** for earning your bachelor's degree in management through the College of St. Scholastica, with love *from Bod, Chelsea, Kierra, Joseph, Samantha, Nick, Arielle, Jenai and Jayla*.

• • •

Congratulations to **Judith and Michael Shaugobay-Hirsch** who were married on June 17, 2011.

Congratulations to **Snooki and DLK** on your engagement.

• • •

Congratulations to **Molly and Scott Judkins** on your 7th wedding anniversary.

• • •

Photo courtesy of Carolyn Shaw

Congratulations to **Nicholas and Arielle Shaw** on their marriage on July 9, 2011, with love *from mom, Bod, Chelsea, Kierra, Joseph, Samantha, Jenai and Jayla*.

• • •

Congratulations to **Eva Sam** for graduating from high school, with love *from mom, Tyson, Tiffany, Jon, Faith, dad, Evelyn, Evan, Macoonz, Jazzy, and Grandpa Lenny*.

• • •

Congratulations to **Athena Sagataw** for graduating from high school*, from Lenore, Eva, Tyson, Tiffany, Jon, and Faith*.

• • •

Photo courtesy of Suzanne Merrill

Congratulations to **Suzanne B. Merrill (Nickaboine) and Daniel J. Wise** who were married July 2, 2011 at the Mille Lacs Band Community Center in District I. Their children, Kassandra, Meghan, Alexandra, Tyler and Riley were the bridesmaids and groomsmen for the wedding. Suzanne's parents are Lawrence (Butch) (deceased) and Carol Nickaboine and Daniel's parents are Gerald and Kathi Wise.

They would like to thank their families and community members that helped before, during and after the ceremony.

(Continued on page 10)

Bikers Ride in Charity Event

Photo courtesy of Jason Long

Members of the "Mi-ah-zerts" team prepare for the MS 150 Ride, which raises money for research about multiple sclerosis. The team has been participating in the race for 14 years.

This story is a part of the "Proud Campaign" series, which is designed to highlight individual and community accomplishments. In the coming months, the Inaajimowin *will feature stories that answer the question, "What have you done today to make you feel proud?"*

By Toya Stewart Downey

The idea of riding a bicycle across 150 miles of Minnesota trails would be a daunting challenge to most people. Gilda Burr felt the same way.

Still, four years ago Gilda accepted the challenge to join other Band members and Band employees who spend one weekend each year riding their bikes to raise money for research about multiple sclerosis during the MS 150 Ride. Multiple sclerosis, commonly referred to as MS, is a chronic, often disabling disease that attacks the central nervous system.

"It is a mental challenge as well as a physical one," said Gilda, who works in the Band's tribal courts office.

Gilda considers her efforts a personal accomplishment and not one that she wants to boast about.

"It's all about raising money for MS," said Gilda, whose husband, Tracy, also joins her during the annual trek.

The couple is a part of the "Mi-ah-zerts" team, which was formed 14 years ago. Each year the team joins thousands of Minnesotans who participate in the ride.

Jason Long, dean of students for the Nay Ah Shing Schools, has been on the team for 13 years.

"A lot of us have a direct contact with family members who have MS," said Jason. "I have two cousins that are affected by the disease."

He got involved when former Nay Ah Shing Principal Eric North and Ray Jackson, a teacher at the lower school, recruited him.

The size of the team changes from year-to-year, but typically there are six to eight riders.

"Some years we train together. Other years we don't," Jason said. "Some of us don't get on our bikes until the ride, while others train on a regular basis."

"Gilda and Tracy Burr work out all the time," he continued. "Tracy even ran the Grandma's Marathon a week later."

This year's ride was June 11-12. It started at Proctor High School in Duluth. The group spent the night at Grand Casino Hinckley and then finished in White Bear Lake.

The team typically raises between $2,400 and $5,000 for the event. According to the national website, the Minnesota chapter raised approximately $2.7 million during the Bike MS: C.H. Robinson Worldwide MS 150 Ride. Nearly 3,500 riders participated.

Another Nay Ah Shing teacher, Roz Hoff, has been a part of the team for the past five years as a rider and as one of the support crew.

"I started because my mother, Shirley Hoff, has been diagnosed with MS for the past 17 years," said Roz. "Even though my mom can't ride, (due to the progression of the MS she always uses a walker), she supports our team by holding a garage sale for MS in St. Cloud every summer."

"Whatever she makes, she gives to us to use to help with our fundraising efforts," Roz said.

Since she started riding, Roz has recruited two friends to ride as well as her husband, Shane Lee, the lower school's physical education teacher.

She didn't ride this year because she had a baby three months prior to the ride, but instead served on the support crew along with Larry Hansen, a science teacher at the upper school.

'It's a fun ride and it feels good to know that our efforts are helping to find a cure for this debilitating disease," Roz said.

Jason says he's committed to the cause for the long term.

"I enjoy doing it and I can do it," he said. "It's always the one thing on my schedule during the first or second week of June that I know I will do. I know that my body will be connected to a bike."

Participants

Band employees who have ridden in the MS 150 Ride include Corwin Graikowski, Julie Benjamin, Tracy Burr, Gilda Burr, Berni Johnson, and Jodell Meyer. Current Band members who have ridden include Ray Jackson, Jason Long, Shane Lee, Roz Hoff, and Dawn Nuvayestewa. Support staff for the bikers have included Bugs Haskin, Jim Ingle, and Larry Hansen.

Some names may have been unintentionally omitted.

Tribal Noteboard

(Continued from page 9)

Thank you

Thank you to our friends and family for their thoughts and prayers during **Irene Jones** funeral. A special thank you to the Mille Lacs Band Tribal Government for helping our family in our time of need.

In memory

In memory of **Gina Sam Reese** and **Jack Sam** whose birthdays are on August 3. Sadly missed by the Sam family in Isle.

Birth announcements

Congratulations to Tyson Sam and Tiffany Kingbird on the birth of their baby girl **Faith Harmonie Kingbird-Sam**. Faith was born on June 2. She weighed 7 lbs., 6 oz., and was 20 inches long. Grandparents are Lenore Potter, Curtiss Sam, Gina Kingbird, and Wayne Kingbird Jr. Great-grandparents are Lenny Potter Sr., and Mr. and Mrs. Wayne Kingbird Sr.

• • •

Congratulations to **Chrissy Ballinger and Loyn Davis** on the birth of their baby girl who was born on July 12, *with love from Heather, Daniel, Thomas, Judy, and Mylz Virnig*.

Obituaries

Adam Nayquonabe
Born – 9-3-1989
Died – 7-1-2011
Lived in Onamia, MN

Irene Jones (Shaugobay)
Born – 2-4-1934
Died – 7-2-2011
Lived in Onamia, MN

Travis Martin
Born – 3-14-1985
Died – 7-3-2011
Lived in Sandstone, MN

Nay Ah Shing Drum and Dance Group Perform for Tribal Leaders

Photo courtesy of Rene Athman

Minnesota tribal leaders and members of the Minnesota Department of Health met at Grand Casino Mille Lacs in July. The meeting opened with a performance by the Nay Ah Shing drum and dance group. Performers sitting at the drum are (from left to right) Marquis Fischer, Thomas White, Tyler Nayquonabe, Jason Boyd, and Eddie Nadeau.

Fun in the Sun With Early Education Students

Photo courtesy of Cindi Cooley

The Early Education Fourth of July Parade featured toddlers dressed up as princesses, firemen, clowns, trains and more. Head Start teacher Brandi Wynn and teacher assistant Katie Geyer help the kids prepare for the parade.

Photo courtesy of Cindi Cooley

Toddlers in District I early education classroom D ride with their teacher Renee Huberty in the Early Education Fourth of July Parade.

Photo courtesy of Cindi Cooley

An early education student plays with animals at the Pine Grove Zoo in Little Falls during an early education field trip.

Band to Survey Members on Broadband Service

The Mille Lacs Band has received a planning grant from the United States Department of Agriculture to conduct a survey to determine Band members' access to broadband service. Watch your mail for the survey in early August.

The results of this survey will help determine if there is a need for expanded service in the Mille Lacs Reservation area.

Broadband is high-speed Internet access that is always on and faster than traditional dial-up access.

Nay Ah Shing Food Programs Exceed Federal Guidelines

By Deborah Foye, Nay Ah Shing School nutrition services coordinator

The United States Department of Agriculture (USDA) has proposed new guidelines for school food programs that will increase the amount of whole grains, fruits, and vegetables served at meals, limit the number of starchy vegetables served each week, and lower the amount of sodium in meals.

Nay Ah Shing School and Mille Lacs Early Education menus will experience little change, because their food programs already incorporate whole grains in each meal, offer a daily salad bar, serve a variety of fresh and frozen fruits and vegetables, avoid adding salt to school-made soups and entrées, and have lowered fat and sugar content in dessert items.

As a part of educational and nutritional programming, the schools have planted four gardens for the past three years with a variety of fruits, vegetables and herbs. During the summer months the day care students help tend the garden, weeding, watering, and harvesting product. The fruits of our labors are then used as taste testing sessions as well as incorporated into the students' meals. The students have shown much enthusiasm for the gardens.

As a precaution, the schools urge students and families to avoid bringing any products containing nuts or pineapple into the buildings, as these items could compromise the health of students and staff. Each school provides meal alternatives for children with food allergies. If your child has an allergy, please contact Deborah Foye, or any of the school nurses for a special diet statement form.

Free meals

All students are served free meals regardless of household income. At the start of each school year families are encouraged to fill out and return the Application for Benefits form, which is necessary for state reimbursements to the food program. All information is strictly confidential and will not be shared with anyone.

If any family members would like to join their K-12 student(s) for breakfast or lunch, tickets can be purchased at the school's front desk for the price of $3 for breakfast, and $4 for lunch. Early Education parents are always welcome to eat with their children in their classrooms.

Please remember that both schools are nut "safe" and the Abinoojiyag school is also pineapple "safe". Please do not bring any products containing nuts or pineapple into the buildings as this could compromise the health of some of our students and staff.

If you have any questions regarding meals, applications, or special diets, please contact Deborah Foye, nutrition services coordinator, at 320-532-4690, ext. 2213.

Family Services Department Surveys Band Members

By Suzanne Wise, Mille Lacs Band family services social worker

The winner of the Pendleton blanket for the Mille Lacs Band family services survey is Adrienne Benjamin. MLB family services went to every district within the last few months and asked the community members to answer questions about how they felt family services was doing as a department and ways they can improve their service delivery to the families of the Mille Lacs Band. Each person that filled out a survey had a chance to win the blanket. Family services is grateful for all the community members who filled out the survey and is taking all the suggestions and improvements under consideration. The data gathered will be submitted in a later issue of this paper. Mii gwetch!

Mille Lacs Band Breaks Ground on Early Education Building

Kelly Sam

Mille Lacs Band Head Start and Early Head Start students helped break ground on the Band's new early education building in District I.

The Mille Lacs Band broke ground in July on a new building for the early education department. The 47,600 square-foot building, which will be located adjacent to the District I Community Center, will accommodate approximately 200 students ages 0-5 years old.

The new building reflects the growing demand for the Band's Head Start and Early Head Start programs, which integrate Ojibwe language and cultural instruction into the standard curriculum. The program currently serves 117 students in District I, with 70 children on the waiting list.

"Education is one of the Mille Lacs Band's highest priorities. At a time when many school districts have had to make hard cuts, we are humbled to have the opportunity to invest in the future of our youth and our education system," said Dennis Olson, Commissioner of Education.

The Band's early education department is a combination of six programs: federal Head Start, Minnesota Head Start, federal Early Head Start, Early Childhood Family Education, and Early Childhood Special Education (provided in partnership with the Onamia Public Schools), and child care.

The new early education building will include 17 classrooms, a gymnasium, large motor play areas, spaces to serve family needs, and integrated storm shelters.

The building will also feature a cultural room where Elders will teach Ojibwe traditions, including drumming, dancing and crafts. The design incorporates cutting-edge green building techniques, including natural lighting and a geothermal heating and cooling system.

The Band is funding the majority of the $9.5 million construction project. Additional funding is provided by the federal government through the American Recovery and Reinvestment Act (ARRA) Early Head Start grants.

"The Band has a history of creating new jobs and energy in our region. This project builds on that momentum," said Sam Moose, Mille Lacs Band Commissioner of Community Development.

The project will create between 75-100 construction jobs. To fully staff the building, the early education department will need to hire 21 new positions.

"Education begins at an early age," said Chief Executive Marge Anderson. "This new building will give us the resources to educate the next generation of Mille Lacs Band leaders."

W. Gohman Construction Company, based in St. Joseph, is the general contractor for the project. The early education building is scheduled to be completed in August 2012.

GED Exam Offered at Mille Lacs Tribal College

The Mille Lacs Band's department of labor and tribal college are facilitating an official GED exam at the Mille Lacs Tribal College on Wednesday, August 10, and Friday, August 12, from 11 a.m.-4 p.m.

The GED exam is a series of five subject area tests. A new edition of the GED exam is scheduled to be released in January 2014. This means that test takers will need to pass all five subject area tests before 2014. Otherwise previous test takers will be required to retake the entire GED exam.

The series of tests costs $60 per person. If you are retaking individual tests, each test costs $12. If an agency is funding your GED exam, the series of tests costs $80 and each individual test costs $16.

If you are interested in taking the exam on August 10 or 12, you must register with Melissa Lupinek, chief examiner, at 320-223-3826 or 763-689-6230.

GED scholarships

Mille Lacs Band members and first generation descendants may be eligible to use educational enrichment funds for test fees.

Educational enrichment funds are available once per fiscal year. To be eligible, you must be age 18 or older.

Application forms are available in the education section of the Mille Lacs Band's website (www.millelacsband.com).

For more information or to determine if you qualify for this scholarship, contact the Tribal College Scholarship Office at 320-532-3702.

Mille Lacs Band members, first generation descendants, and other federally recognized tribal members could also be eligible for the Band's Department of Labor GED preparation program. This program pays for eligible participants' GED exam fees.

To enroll in the GED program, contact Deb Campbell at 320-532-7811.

USDA Rural Development Offers Tribal Housing Loan Programs

USDA Rural Development offers two home financing programs for low-income tribal members who meet the program requirements. The programs are designed to improve the overall housing environment on Minnesota reservations.

The home repair program allows participants to make essential home repairs, such as window and furnace replacements, roof improvements, and siding refurbishment, with special financing options.

Loans of up to $20,000 are available at a 1% interest rate and repayable in more than 20 years for those who qualify for home repairs. Also, up to $7,500 in grants are available to homeowners over the age of 62.

The direct home loan program helps qualified low-income tribal members achieve home ownership with interest rates as low as 1% after a payment subsidy.

To learn more about these programs, eligibility requirements, and the application process, contact the USDA Rural Development office in Cambridge at 763-689-3354, ext. 4.

Free Hearing Evaluations

To schedule an appointment for **Friday, August 12**, at Ne-la-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

Golf Tournament Raises Money for Elders

Photo courtesy of Molly Judkins

Band members (from left-right) Greg Miller, Joe Nayquonabe Sr., Pete Nayquonabe, and Stan Nayquonabe line up their shots at the Chief Executive Elder Golf Tournament.

Photo courtesy of Molly Judkins

Band Elder A..J. Nickaboine tees off during the Chief Executive Elder Golf Tournament on June 18 at Grand National Golf Course.

Chief Executive Youth Golf Tournament Rescheduled

The youth golf tournament hosted by the Chief Executive office is rescheduled for September 18 at the Grand National Golf Course.

Shotgun starts at noon. Please call 320-532-7486 if you have any questions or would like to enter a team.

Discounted Telephone Services Available

CenturyLink (formerly Qwest) offers two special assistance programs which provide discounts on initial telephone installation and basic monthly telephone service to low-income tribal members who qualify.

CenturyLink's Link-Up program helps pay up to 50% on the initial cost of installing your home telephone service.

If you already have a home phone, you may still qualify for Lifeline, a service that saves consumers up to $35 per month on basic services.

Individuals living in a CenturyLink service area should call 800-366-8201 or visit www.centurylink.com/lifeline to find out both program's eligibility requirements.

Nay Ah Shing Students Attend American Indian Business Leaders Camp

Photo courtesy of Nay Ah Shing School

The YES! Camp was held at Central Lakes College on June 27. The students who attended were Lashelle Boyd, Sage Boyd, Isabel Sanchez, Savannah Boyd, Shyla Lussier, and Teyha Wade. René Athman, AIBL advisor; Mary Simon, Nay Ah Shing principal; and Laurie Campbell helped chaperone the students.

Six junior and senior high school students from Nay Ah Shing attended the second annual Yes! Camp, an American Indian Business Leaders camp hosted at Central Lakes College in Brainerd. The camp is designed to inspire and encourage American Indian students to become entrepreneurs.

At the camp, students were given hands-on training and skills to help them develop a viable business plan to open up a small gift shop at Nay Ah Shing School that would sell school clothing and healthy snacks. The students will continue to work on their business plan throughout the year in preparation for a competition against other tribal schools across the nation.

During the camp, several prominent business leaders provided the students feedback on their business plan. These people included Andy Wells, a Band Elder and businessman; Dennis Olson, Band Commissioner of Education; Gail Jackson, Corporate Commissioner; Don Hickman, Initiative Foundation member; John Gunstad, Brainerd Lakes Area Economic Development Corporation representative; and Larry Lundblad, president of Central Lakes College.

The camp concluded with a farewell message from Andy, who was recognized by President Obama for his entrepreneurial leadership and giving spirit.

The Yes! Camp is sponsored by Central Lakes College, the Mille Lacs Band of Ojibwe, Nay Ah Shing School, and the Initiative Foundation.

Cell Phones for Soldiers

By Toya Stewart Downey

It's not uncommon to upgrade to a new cellular phone and cast the old one aside.

Instead of letting those old phones collect dust in a drawer, donate them to Cell Phones for Soldiers, says Andrew Boyd, an ecosystems and environmental technician for the Band's Department of Natural Resources (DNR).

"It's a great program that recycles materials in phones. The money that comes from what's recycled goes to purchasing phone cards for soldiers," said Andrew, who served in Korea in 1996.

To date, the national program has raised millions of dollars to purchase prepaid phone cards that are given to troops who are serving overseas.

In June, Brenda Mitchell, a summer youth worker for the DNR, shipped 70 phones to ReCellular, a company that pays Cell Phones for Soldiers for each donated phone.

"These phones will help soldiers and their families communicate better," said Brenda, 14. "Parents who have kids in the military can't always talk to them. One phone call from their loved one means a lot to them."

Scott Hansen, environmental programs manager for the DNR, calls it a "convenient recycling program that is beneficial to military troops and their families. We want to continue to promote the program as much as we can."

To donate old phones, go to the DNR offices at 45380 U.S. Highway 169 in Onamia. For more information, call 320-532-7439.

Moccasin Telegraph

Ceremonies for children

By Lee Staples, Cultural Advisor

The following article appeared in the September 24, 2003, issue of the Mille Lacs Messenger. *It is being reprinted with the* Messenger's *permission.*

As Anishinaabe people, we have been given many ceremonies that are meant for our children. Bringing these ceremonies back to our community is critically important. They give our youngsters that feeling of belonging, embracing the spirit of who they are as Anishinabe and enhancing the feeling of being loved/cared for.

Four days after birth, a ceremony is held where the baby's little feet touch the earth for the first time and an offering is made thanking the Manidoog (spirits) for giving the baby that wonderful gift of life. The tobacco, which carries our messages to those powers, allows the baby to be formally introduced and acknowledged in that world.

At birth, when the umbilical cord is cut, a piece of that cord is left behind on the baby's navel that forms into a scab. When this piece falls off, the parents would place it in a pouch with tobacco. This memento from the birth of the child would always be kept and remain with the child throughout life.

Within four months of birth, a namesake ceremony, where the baby is given an Anishinaabe name, would be held. I always tell our Anishinaabe people that our English names do not have a meaning in the spiritual world, and that an Anishinaabe name is necessary to better connect us to that world. Each of the parents selects an equal number of individuals for the baby's namesakes. They are told not to rule out anybody whose name comes to mind as a namesake or the spirit of the child would not be at peace as a result. This ceremony should not be delayed for the same reason, or the baby will act out or cry, asking for it to be done.

Only those individuals in our community who have been given a gift of either a dream, a vision, or another means of contact with one of the powers can give an Indian name. This gift of theirs serves as a guiding force in their lives. It is from what they were shown that the name comes forward for the child. And, in turn, those powers out there enjoy hearing the Anishinaabe name given since its original source came from them. There is much depth to this ceremony where a transfer of spiritual help is made available for the child's future, which comes from the guardian spirits of the namesakes. Go about our community and listen to the Anishinabe names already out there. Then in your mind, try to imagine what it was that the name giver was shown in a dream or other contact with that world. I can guarantee that you will be amazed when you totally understand this.

The Anishinaabe name that I carry is Obisan ni gishig, which means "calm or quiet sky." The four individuals that came to mind as namesakes through my parents were not given the gift to give names and honored that. Therefore the name I carry is the one given to the oldest of my namesakes. He transferred the name and spiritual help that went with it at the time of the ceremony.

As it was meant to be, I had a special relationship with my namesakes, one of very deep respect that went both ways. I could always count on them gifting me with special attention, being very protective of me and giving me a token of their affection whether it be food or money. Children need that extra attention, and certainly that was given to me.

Space will not permit me to cover all the other ceremonies for our children. I also want to talk about the importance of the role modeling – how the old people who raised me reflected their strong attachment to our teachings in their everyday lives. All of these ceremonies and role modeling made it very clear to me that I was a part of our Anishinaabe community, that I belonged and was cared for both on a human and spiritual level. As I journeyed out in life and took the detours that created problems in my life, I always knew I had a place to go for healing and to mend my ways. This is what this upbringing provided for me. Our children of today need that.

Band Member Attends Immersion Camp

Photo courtesy of Ivy Vainio

Sawyer, Minnesota, resident Sarah Agaton Howes (Fond du Lac Ojibwe) teaches Duluth resident Yolanda Boyd (Mille Lacs Ojibwe) how to make moccasins at the 3rd Annual Nagaajiwanaang Ojibwe Language Camp.

Summer Ojibwemowin

Summer is the perfect time to brush up on your Ojibwe language skills. Below are some Ojibwe words and phrases that you could use this summer.

Asaawe: perch
Ogaa: walleye
Ginoozhe: northern pike
Giigoonh: fish
Ininaatig: maple tree
Asemaa: tobacco
Jiimaan: boat
Mawinzo: s/he picks berries
Miskomin: raspberry
Niibin: summer
Zagime: mosquito

I hear the ogaa (walleye) are biting on Mille Lacs Lake! Have you caught any ogaa?

What is your favorite giigoonh (fish) to catch in the summer?

Is one of your least favorite things about niibin (summer) getting bit by zagime (mosquitos)? How do you avoid getting bit by a zagime?

The weather reports project clear skies and warm temps for the weekend, perfect weather to take out the jiimaan (boat) on Mille Lacs Lake.

Recipe of the Month

Wild rice bread

Ingredients

- 3 cups whole wheat flour
- 2 1/2 or 3 cups all-purpose flour
- 2 packets active dry yeast or 2 tablespoons
- 2 1/2 teaspoons salt
- 1 cup water
- 1 cup fat-free milk
- 1/4 cup butter, cubed
- 1/4 cup honey
- 2 cups cooked wild rice

Directions

- In a large mixing bowl, combine the whole wheat flour, 1 cup all-purpose flour, yeast, and salt.
- In a small saucepan, heat the water, milk, butter and honey so that the butter melts. Take care not to boil. Cool mixture to less than 120 degrees.
- Make a well in the dry flour/yeast mixture and add the lukewarm liquid mixture. Slowly incorporate the dry mixture into the liquid mixture stirring with a large wooden spoon. When mixture is mostly combined, add wild rice and enough remaining all-purpose flour to form a stiff dough.
- Knead for 6-8 minutes. Spray mixing bowl with cooking spray and place dough back in bowl, turning the dough so its entire surface has been coated lightly with cooking spray. Cover and let rise until doubled, about 45 minutes.
- Turn dough onto lightly floured surface; divide in half. Let rise until doubled, about 40 minutes.
- Bake at 375 degrees for 40-45 minutes or until golden brown.
- Makes 2 loaves

Calendar of Events

August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 **Pine Grove Leadership Academy Meeting** 5:30 p.m. Contact: Melanie Benjamin 320-384-7598	2 **Onamia Indian Education Meeting** Rolf Olson Center Noon Contact: David Sam, 320-532-4901 **National Night Out (See page 4)**	3 **Narcotics Anonymous** Brick House 8 p.m. Every Wednesday	4 **Talking Circles** District I Community Center 5:30 p.m. Contact: KC Paulsen 320-532-4046	5	6 **Kids Crafts** Mille Lacs Indian Museum 11 a.m.-4 p.m.
7	8 **AMVETS Meeting** Grand Casino Mille Lacs 6 p.m., Contact: Ken Weyaus 320-309-6925 **Minisinaakwaang Leadership Academy first day of school**	9	10	11	12	13 **Porcupine Quill Jewelry Workshop** Mille Lacs Indian Museum 12-4 p.m.
14 **Porcupine Quill Jewelry Workshop** Mille Lacs Indian Museum 10 a.m.-2 p.m.	15	16 **District II Leadership Academy School Board Meeting** 4 p.m. Contact: Raina Killspotted 218-768-2345	17 **District III Community Meeting** Lake Lena Community Center 6 p.m. Contact: Katie Draper, 320-384-6240	18 **Talking Circles** District I Community Center 5:30 p.m. Contact: KC Paulsen 320-532-4046	19 **Mille Lacs Traditional Powwow (See page 16)**	20 **Open House** Mille Lacs Indian Museum 11 a.m.-4 p.m. **Hank Williams Jr.*** Grand Casino Hinckley, 8 p.m.
21 **Mille Lacs Traditional Powwow (See page 16)**	22 **All government offices closed for Mille Lacs Day**	23	24	25 **Urban Area Community Meeting** All Nations Indian Church, 5:30 p.m. Contact: Barb Benjamin-Robertson 612-872-1424 **District II Community Meeting** East Lake Community Center 5:30 p.m., Contact: Jenny Waugh 218-768-3311 **Nay Ah Shing first day of school**	26 **Creedence Clearwater Revisited*** Grand Casino Mille Lacs 8 p.m. each night	27
28	29 **Pine Grove Leadership Academy first day of school**	30	31 **District IIA Community Meeting** Chiminising Community Center 5:30 p.m. Contact: Lesley Sam 320-676-1102	Sept. 1	2 **All government offices will close at noon**	3 **Don Williams*** Grand Casino Mille Lacs 7 p.m.
4	5 **All government offices closed for Labor Day**	6 **Early education first day of school**	7	8	**To Purchase Tickets* **Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com**	*If you would like an event included in the community calendar,* **please contact Kelly Sam at 651-292-8062** *or write to Kelly at* **kelly@goffpublic.com**

"What Is Your Favorite Part of Attending Powwows?"

Diane Nickaboine

"I'm a U.S. veteran and I'm really honored to bring out the colors every year at the powwows."

Natosha White

"I just like to watch the dances. And I like the food."

Athena Day

"I like to dance."

Amy Doyle

"I like to watch the kids dance."

Brenda Mitchell

"I like all of the regalia and meeting new people. I'm the Nay Ah Shing High School Princess, so I'll be dancing, too."

Toni Sullivan

"I like the music and the dancing."

Greg White

"The spirituality and togetherness of Indian people. It's very powerful."

Arlene Victor

"I love the sense of community and family. It permeates the whole weekend. Everyone is there to have a good time, lots of laughter and good spirits. It's good being with your own people enjoying and embracing who were are."

Photos by Toya Stewart Downey

The Newspaper of the Mille Lacs Band

Ojibwe Inaajimowin

September 2011 "The story as it's told." Volume 13 • Number 9

Mille Lacs Band Appoints New Officials

Photo courtesy of Gilda Burr

Michele Palomaki was named Assistant Commissioner of Administration on on August 12.

The Mille Lacs Band of Ojibwe has named Michele Palomaki as its new Assistant Commissioner of Administration and has reappointed Arlene Weous as a member of the Corporate Commission Board of Directors. Michele and Arlene were sworn into office on August 12.

Michele Palomaki

As Assistant Commissioner of Administration, Michele will act in a deputy-level capacity to the Commissioner of Administration to help manage the day-to-day operations of the Mille Lacs Band government. Her duties include managing human resources, finances, and contracts for the executive branch of Band government. Michele will also act as Commissioner of Administration when the Commissioner is absent and will assist other commissioners with day-to-day operations as needed.

Michele joined the Mille Lacs Band in 2001, first serving in the office of management and budget. Most recently, she was the director of Circle of Health. Prior to working for the Band, Michele held several positions in the accounting and medical industries in Michigan.

Michele, a Mille Lacs Band member, is excited to continue serving the Band. "It is important for me to give back to the Band, which has provided me with countless opportunities," she said. "I look forward to playing an instrumental role in the positive changes that are happening for the Band."

Michele has an associate of science degree from Northern Michigan University and an associate of arts degree from Central Lakes College. She is planning to pursue a bachelor's degree in January 2012.

She lives in Isle with her husband, Bruce, and son, Jacob. She also has stepchildren and a granddaughter who live in Michigan.

Arlene Weous

Band member Arlene Weous has served on the Corporate Commission Board of Directors since 2006. Arlene originally held one of two at-large positions on the board. When the District I position was vacated recently, Arlene was appointed to fill that position. Arlene's term will expire March 31, 2014.

The Corporate Commission manages the Band's businesses and analyzes new business opportunities. The Corporate Commission operates Grand Casino Mille Lacs, Grand Casino Hinckley, and other Band-owned businesses such as a cinema, a grocery store, convenience stores, and a golf course. The Corporate Commission Board guides the business and investment decisions for the Band.

The board meets quarterly to discuss and review business opportunities for the Band. Current board members are Ron Anderson, Dale Greene Sr., and Arlene Weous. Two seats are vacant.

Photo courtesy of Gilda Burr

Chief Justice Rayna Mattinas swears in Arlene Weous to the Corporate Commission Board of Directors on August 12.

Kalk Appointed to Clean Water Council

Brad Kalk is a new member of the Minnesota Clean Water Council.

Governor Mark Dayton recently appointed Brad Kalk, the Band's Commissioner of Natural Resources, to the Minnesota Clean Water Council.

Created by state law in 2006, the council oversees the implementation and funding distribution for protecting and restoring Minnesota waters. It is a partner of the Minnesota Pollution Control Agency.

"The Mille Lacs Band has a major stake in preserving the state's second largest lake. We are also part of a region that relies on a unique aquifer that needs special protection," Brad said. "I want to use my experience in this region to benefit statewide decisions, and I also believe my time with the Clean Water Council will inform my work protecting waters in and around the reservation."

Brad's council term expires in January 2015.

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Mille Lacs Powwow Photos

Photo courtesy of Kim BigBear

2011-2012 Mille Lacs Powwow Royalty are (from left to right) Nakaya Losh, Junior Princess; Noel Kegg, Senior Princess; Eldayshun Day, Junior Brave; and Darius Barnes, Senior Brave.

Toya Stewart Downey

The Boys and Girls Club's float took first place in the parade on Saturday, August 20.

Toya Stewart Downey

Band members Renee Pewaush, Jeff Potter, and Allen Weyaus bring in the flags and flag staffs. The presentation of colors occurred at the beginning of each grand entry.

Toya Stewart Downey

Several hundred dancers from around the United States and Canada participated in the 45th annual Mille Lacs Powwow on August 19-21.

For additional powwow coverage see pages 10 and 12.

Youth Learn About History and Sovereignty at Annual NVAM Camp

Photos courtesy of Brian Enright

Campers practiced a play about finding their purpose in life during the Youth Civic Camp in July. The camp was hosted by Native Vote Alliance of Minnesota.

Ten youth from tribes in Minnesota and South Dakota learned about American Indian history and sovereignty at the second annual Youth Civic Camp in July. The campers were 12-16 years old and were members of the Mille Lacs Band, White Earth Nation, Oglala Sioux Nation, and Cheyenne River Sioux Tribe.

During the camp, the youth learned about the history and culture of their ancestors from Mille Lacs Band Elder Dave Matrious. They attended the Sandy Lake Tragedy Ceremony, which commemorated the winter of 1850, when hundreds of Lake Superior Chippewa died from illness, hunger and exposure.

Elizabeth Scott, Mille Lacs Band local community coordinator, and Sally Fineday, executive director of Native Vote Alliance of Minnesota (NVAM), taught the youth about sovereignty and the importance of civic engagement and voting.

Band member Valerie Martinez, who lives in the urban area, taught the youth about eating healthy foods. The youth then visited the Dream of Wild Health Farm in Hugo, where they learned about vegetable gardening, medicinal plants, edible flowers and plants, and honey bees. They also helped cook a healthy meal.

During the week, the campers developed a play about finding their purpose in life with Brian Enright and Sharif Abu-Hamdeh, who are bicycling across the country to help Native American youth find creative voices. They performed the play for their parents and guardians at the end of the week.

"Our youth are our leaders of tomorrow," said Elizabeth. "By helping them learn about the history of their ancestors and participate civically at a young age, we can help them become leaders in tribal government and good role models for other American Indian youth."

The camp was hosted by NVAM at the Ojibwe Language and Culture Center. The Mille Lacs Band provided scholarships for Band youth to attend. NVAM is planning to host the camp again in 2012.

Broadband Survey iPad Winner

Congratulations to Barbara Lobejko, who won the drawing for an Apple iPad. Thank you to everyone who completed the survey about their current access to broadband service. The results of the survey will help determine if there is a need for expanded service in the Mille Lacs Reservation area.

The *Inaajimowin* will publish the results of the survey in an upcoming issue.

Deer Hunting Season Opens After Labor Day

The Mille Lacs Band's deer hunting season begins on Tuesday, September 6.

To be able to hunt, Band members need to purchase an $8 big game license from one of the Band's licensing agents:

- District I: Kevin Stobb at the Department of Natural Resources building
- District II: Randi Harrington at the East Lake Community Center
- District IIa: Carmen Green at the Chiminising Community Center
- District III: Vanessa Gibbs at the Lake Lena Community Center
- Urban area: Urban office

Each licensed Band member will be issued two carcass tags. Orange antlerless deer permit cards will not be used this year. All other regulations remain the same.

Harvested deer must be registered at one of the registration stations by 4:30 p.m. on the first business day after the kill. For example, if a deer is killed on a Saturday morning, it needs to be registered by 4:30 p.m. the following Monday.

Registration stations are located at the same places where you can purchase a license. You may also contact a conservation officer to register your deer.

Band members born on or after January 1, 1977, must complete a hunter education and firearms safety course, which is offered by conservation officers in the fall.

Band members under the age of 12 are not allowed to hunt with a firearm or bow. Band members age 12-14 may hunt if they are accompanied by a parent, guardian, or other adult designated by a parent or guardian. Band members age 12-15 do not have to purchase a license, but must have a license to use carcass tags.

For more information, contact Kevin Stobb, District I lead licensing agent, at 320-532-7896 or Mike Taylor, chief conservation officer, at 320-630-2473.

District I Community Travels to Valleyfair

Toya Stewart Downey

District I Representative Sandra Blake and her family stopped to take a photo with Sally at Valleyfair.

Toya Stewart Downey

Band member Leland Davis enjoys a ride on the carousel at Valleyfair.

Nay Ah Shing Petite Softball Team Places Second In Local Tournament

Photo courtesy of Nay Ah Shing School

The Nay Ah Shing Petites Softball Team won second place in the Brainerd Parks and Recreation Softball League this summer. The team was comprised of Band members ages 8 to 10.

By Toya Stewart Downey

To some, it may have seemed as if the odds were stacked against the Nay Ah Shing School's Petites Softball Team from the beginning.

First, the young girls (ages 8 to 10) didn't start practicing earnestly for the summer 2011 softball season until it was already underway. After fundraising for team T-shirts, they began practice just days before their first game and never did practice on an actual softball field. The Nay Ah Shing girls had to use the school's gymnasium because softball fields were not available.

Despite the initial setbacks, the girls played their way into the championship game for the Brainerd Parks and Recreation Softball League, where they earned second place medals.

"Even though we got off to the slow start, the season ended really well," said Petites coach Chris Nayquonabe, who is also the K-12 art teacher at the Nay Ah Shing Schools. "We lost our first couple of games because we didn't have many practices and the season started before the school year ended. And then we didn't have a field we could use because the one behind the school is now a garden and the field by the District I Community Center is being used for the new Head Start building."

Though once they got their momentum going, the girls hit their stride, their coach said.

"By the end of the season, the girls were turning double plays, they were hitting home runs, and they started winning more," said Chris. "They really came together as a team."

The Petites lost their first game in the playoffs. They won the next two games, advancing to the championship game.

Chris stated, "We lost by one run, but we were neck and neck during the whole game. It was really intense."

Still, despite the intensity, the girls had a great experience even though some of them were never sure if they'd won or lost their games. "It was really cute," Chris said, "because at the end of each game, even if we won, the little girls would ask us, 'Did we win?'"

The team was comprised of Band members mostly from Onamia, Isle, and District I. Chris said the team had great parental support as well as strong coaching from her assistants, Alex Clitso and Sandi Jellam.

The summer recreational league started in June and ended in July.

Nay Ah Shing has three youth softball teams, the Petites, Juniors and Seniors. If your child is interested in playing for one of the teams, contact Bugs Haskin, Nay Ah Shing activities director at 320-532-4695, ext. 2120.

District III Health Fair

The Aazhoomog Clinic will host the 4th annual Aazhoomog Community Health Fair on Thursday, September 29, from 8:30 a.m. to 2 p.m. in the District III Community Center gymnasium.

All Mille Lacs Band members and employees are welcome to attend.

Any department interested in having a booth at the event should contact Donna Hormillosa at 320-532-6240 or donna.hormillosa@millelacsband.com.

Jamie Edwards Named Director of Government Affairs

Toya Stewart Downey

Jamie Edwards is the Band's new director of government affairs. He has been the Band's state government affairs coordinator for the past 12 years.

Longtime public affairs specialist Jamie Edwards is the Mille Lacs Band's new director of government affairs. Jamie has been the state government affairs coordinator for the Band since 1999.

"Jamie has expertise on issues that affect the Band at all levels of government," said Chief Executive Marge Anderson. "That will serve us well as we continue to work with local, state and federal leaders."

Jamie will lead the Band's lobbying and communications specialists who protect the Band's interests related to its sovereignty, reservation, economy and rights. He also helps develop and implement the Band's public relations efforts.

Most recently, he led the Band's successful opposition to gaming expansion in Minnesota.

"We are happy that state leaders agreed that gaming expansion is the wrong answer for Minnesota," Jamie said, "but we fully expect this issue to be discussed whenever the state needs money."

Although he spent 10 years in Washington, D.C., after high school, Jamie has lived most of his life in the Twin Cities. He currently is a Minneapolis resident. He serves on several education-related boards, including the Minnesota Parent Teacher Association and the Minnesota Minority Education Partnership.

New School Year Means Earlier Bedtime for Children

By Cindi Cooley, early education parent mentor coach

The transition from summer to fall can be difficult for children as they adjust their bedtime habits to accommodate their new school schedule. To ease the transition, the Early Education staff recommends that parents engage in a calm activity with their child 30 minutes to one hour before bedtime.

Bedtime tips

Taking a warm bath, eating a soothing snack, or changing into cozy pajamas for a bedtime story are all relaxing activities that can be part of a bedtime ritual. When parents are clear about what the bedtime ritual is and stick to the same routine, children will adapt more quickly since they know the activity is associated with bedtime.

Children often feel more comfortable falling asleep while their parent is in the same room and also wearing his or her pajamas. Over time, decreasing the physical contact and amount of time spent in the child's room during bedtime will help the child gain independence and self-esteem. It is important for parents to always praise their child when he or she does well with the routine.

If your child wants a bedtime snack, the early education staff recommends whole grain breads, crackers, and cereals, string cheese, yogurt, fresh fruit, fruit smoothies, and oatmeal as snack options for children to eat an hour before bedtime.

Parents with young children should also be aware of the average amount of sleep their child should get each day, including naps. Infants younger than one year old need an average of 14-16 hours of sleep; children ages 1-3 years old should strive for 12-13 hours of sleep; and children ages 4-5 should get between 11-12 hours of sleep.

If you have any questions regarding your child's sleeping habits, please contact Cindi Cooley, early education parent mentor coach at 320-532-4588 or 320-630-2619.

Public Health Department Updates

New program aims to help youth succeed

By Kristy LeBlanc, prevention specialist manager

The Mille Lacs Band public health department recently opened a new prevention program. Prevention work is relatively new to the Mille Lacs Band, but chronic substance abuse, teen pregnancy, and violence have and continue to be negative issues that affect Native people.

The mission of the prevention program is to create a supportive, educational, and culturally specific program that not only contributes resources to the community, but encourages Band youth to pursue a positive, affirming and substance-free lifestyle. To achieve this, the program will apply a community-wide approach that promotes the development of strong ties to family, community and school to help Band youth succeed.

The prevention program has created partnerships with the Boys & Girls Clubs, the chemical dependency and mental health departments, as well as the Ne-Ia-Shing and Aazhoomog clinics. Together these organizations have an exciting year planned with opportunities both through school and after school programs for youth.

If you have questions or suggestions for the prevention program, contact Kristy LeBlanc at Kristy.leblanc@millelacsband.com or 320-532-7776, ext. 2413.

World Breastfeeding Week held in August

By Kari DiGiovanni, WIC coordinator

World Breastfeeding Week, held the first week in August, was recognized by health centers worldwide including the Ne-Ia-Shing and Aazhoomog clinics. The theme for this year's event was "Breastfeeding, a 3D experience." The three dimensions referred to are time, place and communication. Time refers to the period from pre-pregnancy to weaning of baby; place pertains to home, community, and health care systems; and communication is an essential part of protecting, promoting, and supporting breastfeeding.

As of 2008, 81.9% of Minnesota moms initiated breastfeeding with their newborns, which is one of the best rates in the nation.

If you have any questions about how to get started with breastfeeding or need breastfeeding support, contact Kari DiGiovanni, WIC program coordinator, at 320-532-7457, or Allison Harr, Maternal Child Health program coordinator, at 320-532-7511.

Gego Zagaswaaken (Don't Smoke) update

By Carol Hernandez, outreach coordinator

The Gego Zagaswaaken Project, which aims to educate people on the dangers of secondhand smoke and promote the use of kinnikinnick, plans to produce a second educational film; the film will feature the Band's traditional healer, Herb Sam, who will talk about the benefits of using kinnikinnick as opposed to commercial tobacco for ceremonial use. The DVD will be used at monthly educational sessions in each district.

Family Wellness Event

By Roberta Ladd, health educator

In July, the Gego Zagaswaaken Project, Boys & Girls Club, District I Representative Sandra Blake, and Chief Executive Marge Anderson cosponsored the Family Wellness Event.

The event featured three educational pieces about tobacco facts and prevention, secondhand smoke exposure, and chemical and drug abuse. The educational discussions were followed by outdoor contests for prizes. Mii gwech to all those who assisted with and participated in the event.

Public health department participates in youth program

By Lisa Blahosky, public health director

The public health department proudly participated in this year's Mille Lacs Band summer youth program. Our department's youth worker, Samantha Beaulieu, was an excellent addition to our staff, and we are grateful for her help. Thanks, Samantha!

Young Band Member Excels in Martial Arts

Toya Stewart Downey

By Toya Stewart Downey

Dakota Aportela has accomplished a feat that is quite remarkable for any eight-year-old boy. In less than two years, he met all of the requirements to earn a black belt in Tae Kwon Do.

"I started when I was six, and I earned 12 belts," said Dakota, a Band member who lives in Saint Paul. "Then I got a black belt and that's 13. You can earn 14 belts."

"You get different uniforms and stars on the collar," explained Dakota, who is training to advance to the next level.

Dakota's mom, Pepsi Benjamin, encouraged him to participate in martial arts to keep him active and to give him an opportunity to try something new.

"It looked neat and the kids looked like little professionals in their uniforms," she said.

It wasn't long after he started training that Pepsi realized that her son was also developing skills that would benefit him during his whole life.

"He's always been a good kid, but since he's been taking Tae Kwon Do, I've seen a difference in his behavior," she said.

"He is more responsible and helps more at home – especially with our animals. We have two ferrets, two dogs, and a cat. I've noticed that he shows more compassion for them," she said, adding that he's more thoughtful and tends to think more about others.

Dakota, a third-grader, says the classes have taught him to be more obedient and to listen to his Elders.

He takes one-hour classes at Bally Total Fitness three times a week. His favorite activity is sparring, though he's quick to admit that even though he's earned a black belt he sometimes forgets what he's supposed to do.

"You learn to defend yourself, but you also learn that if a person is trying to hurt you, they're really hurting themselves," he said.

Dakota's grandmother, Sharon Benjamin, said she is thrilled he is enjoying the martial arts training and that he's become so accomplished at it.

"I wanted him to learn how to do it so no one would pick on him," said Sharon. "I wanted him to learn how to take care of himself if he needed to."

She is also pleased that Dakota is having fun. "He's not out to hurt anyone, or use it in a bad way; he's out to play," she said. "That is just what eight-year-old kids are supposed to do," she added.

Dakota said he looks at this experience with honor. He also says he hopes other youth give it a try.

"It's fun, but they're going to push you. You'll make it if you try. I hope you make it."

Community Celebrates National Night Out

Photo courtesy of Cindy Cooley and family

Commissioner of Education Dennis Olson and Nay Ah Shing School staff Laurie Campbell and Bugs Haskin face off against the Garrison firefighters in a waterball fight during National Night Out in August.

Band to Receive Federal Aid Following District III Storm

President Barack Obama signed a Minnesota Disaster Declaration for the Mille Lacs Band of Ojibwe and 14 counties, all of which sustained storm damage in early July. Reports indicate that about $19 million in damages occurred in these counties and District III of the Mille Lacs Reservation, well above the $6.8 million combined threshold needed for a disaster declaration.

The Band estimates about $64,000 in costs and damages to tribal infrastructure caused by high winds on July 1, and this figure could continue to grow. The federal emergency management agency (FEMA) will fund 75% of the costs for debris removal, emergency services, and repair/ replacement of public facilities.

"The most significant costs are for the time, fuel and equipment involved in debris removal," said Monte Fronk, emergency management coordinator for the Mille Lacs Band. "But we also have some road repairs and work that remains to be done. It takes time to go from damage estimates to final expenses."

In August, FEMA and state representatives held an applicant briefing with the Band to complete a project worksheet. This was the second step in helping identify the specific projects that are eligible for reimbursement. Some of these projects have been completed, while others will continue into the coming months.

The Band's next step will be to formally submit its FEMA Request for Public Assistance form. Then a FEMA officer will be assigned to the Band's case.

Safe rooms

The August applicant briefing also included a discussion about future hazard mitigation – namely the creation of safe rooms inside some Band facilities.

"There may be opportunities for the Band to seek grant funds to help build safe rooms," Monte said. "That would give people inside places like the schools or assisted living units a place to go during severe weather."

Watch the *Inaajimowin* for continued updates on the aftermath of the District III storm.

BIA Holds Conference at Grand Casino Hinckley

The Bureau of Indian Affairs (BIA) held its first annual Midwest Region Partners in Action Conference at Grand Casino Hinckley last month. It was the first regional BIA gathering to cover the many areas of tribal governance – from land management and finance to housing and transportation – all in one place.

"Having the Mille Lacs Band host this conference made it really accessible to the Band's commissioners and other officials as a one-stop-shop for information and networking," said Lisa Johnson, the Band's real estate director, who helped organize the three-day event.

Representatives from the BIA and other federal agencies were on hand, including Larry Echo Hawk, the Assistant Secretary for Indian Affairs, who was the keynote speaker. He highlighted the importance of tribal consultation and the administration's priority of putting land into trust for tribes.

Several Mille Lacs Band officials spoke, including Commissioners Carolyn Shaw and Sam Moose, Mike Moilanen (director of planning and project management), Elisse Aune (historic preservation officer), and Lisa Johnson. Band Elder Skip Churchill gave the opening prayer, AMVETS Post 53 presented the colors, and the Little Otter Drum Group performed.

Four hundred people attended the Partners in Action Conference, many of whom were from the 36 tribes across the Midwest.

Band Members and Employees Commit to Physical Fitness

Toya Stewart Downey

Band members and employees work out over the lunch hour at the District I Community Center.

By Toya Stewart Downey

This story is a part of the "Proud Campaign" series, which is designed to highlight individual and community accomplishments. In the coming months, the Inaajimowin *will feature stories that answer the question, "What have you done today to make you feel proud?"*

Jim Kalk had just finished eating his Thanksgiving dinner and wanted sweet potato pie for dessert. But instead of eating just one slice, he ate the whole thing.

It's a story that he shares to show how far he's come since last November.

"I've lost 38 lbs., I'm more active, and I've reduced the number of medications I have to take," Kalk said recently after participating in an intense lunchtime workout with other Band members and employees.

The weekly group workouts are organized by the Band's physical fitness coordinator, Jim Ingle, who also works with individuals who want his expertise.

This group, which averages ten people a session, has been meeting for two months during the lunch hour. Twice a week they do a timed circuit training routine based on a program used by the Navy Seals. However, Ingle has been facilitating group workout sessions as well as offering personal training for years.

"We do 30-second exercises, we rest 20 seconds, and we do four or five sets," said Ingle. "We're taking each exercise to burnout."

The desired goal is to make the body's oxygen more efficient at the muscular level, he explained.

"My heart is with helping people be what the creator intended them to be," said Ingle. "When it comes to health, nothing happens without it – mental, physical and spiritual. Unless all three are in balance, you're out of balance. I'm here to help people be healthy and achieve all that they can."

Jim Kalk

"Before I started working out again, I ate really bad, I drank, and my blood was bad," he said. "I had high blood pressure, high cholesterol, was pre-diabetic, and had high triglycerides."

"When I went to the doctor he told me I could have a stroke," said Kalk, operations and maintenance coordinator at the Nay Ah Shing Schools.

He isn't a stranger to physical fitness. In fact, for more than four years, Kalk was an avid exerciser until he fell off the fitness train for about 18 months prior to that fateful Thanksgiving meal.

"Exercising is a good stress reliever. You feel better, and it's easier to relax when you're healthy," he said.

Cheryl Minnema

Cheryl Minnema started working out with Ingle two and a half years ago. She was at her heaviest weight and knew she wanted to slim down and improve her health.

"My mom died from diabetes complications, and I lost a brother and sister from the same thing," said Cheryl, a Band member who is an Ojibwe language coordinator at Nay Ah Shing.

Since she began working out, she has lost 30 pounds and has improved her eating habits. Her goal is to lose 30 more pounds.

"I started working with Jim, and he set me up with a routine," she said. "My goal is to work out daily, but it averages about two or three times a week."

"Better health is my motivation, but so are my kids, who are 5 and 10 years old," she said.

Darcie Big Bear

Band member Darcie Big Bear, the Band's enrollment technician, has been working out with Ingle for the past four years. She also does the lunch-hour circuit training sessions.

"We started doing the group workouts about seven or so months ago, and I was the only female that could hang in there with the guys," she said. "I wish more women would participate."

Darcie said she was always physically active, but not as much as she is now. Regular exercise has benefited her greatly on many levels, she said.

"I sleep better, I am more alert at work, and I just feel so much better about myself," said Darcie, who has lost 20 pounds and wants to shed five more. She also wants to run a 10k race next year.

"I had a health scare a few months back that made me kick my health and fitness into high gear," she said. "I am a single mother of two boys, and I take care of them 100%. I need to be here and be healthy for them."

September Designated National Preparedness Month

September is National Preparedness Month (NPM), a time to raise awareness about the importance of being prepared for a wide range of disasters. The theme of this year's NPM, which commemorates the 10th anniversary of 9/11, is "A Time to Remember; A Time to Prepare."

Band members interested in raising awareness about emergency preparedness can join a coalition at www.ready.gov/community. Coalition members across the nation can help their communities identify local risks, make emergency preparedness plans, and coordinate practices, safety drills, and community activities that include participation from local government and first responders.

The Mille Lacs Band is always considering ways to make reservation buildings safer and better equipped for emergency situations. In August, the Band's Tribal Emergency Response Committee met with the Red Cross to discuss how to prepare for mobilizing shelter spaces at local schools and community centers.

Circle of Health Update

By Circle of Health staff

Private insurance plans

If you have a private insurance plan that is paid by Circle of Health, please contact the Circle of Health office. Private insurance plans include Blue Cross Blue Shield, Health Partners, and other insurance carriers in Minnesota. If you have a private plan, you probably filled out an individual application with a local insurance agent in your area and have Circle of Health pay your quarterly payments.

Circle of Health is cooperating with another Band department on developments that would affect these individuals. We would like to speak to each person about these developments. Your input is greatly appreciated.

Contact information

Please allow a two- to six-week grace period for reimbursement claims from the date of submission. If you have not received a claim reimbursement or denial after six weeks, contact 320-676-8214 or 800-491-6106.

The Ultimate Road Trip

By Dave Boyd, Mille Lacs Band member

This is part one of a two-part story from Dave Boyd. The second part, highlighting the family's time in Alaska, will be printed in next month's Inaajimowin.

In 1981, my mother Brenda, sister Dawn, cousin Corwin, and I took the journey of a lifetime to Alaska. I was 17 years old.

Going to Alaska had been one of my mother's dreams for as long as I could remember. Her father, Alex Moose, helped build the Alcan Highway in the late 1940s. So this dream was passed down from my grandpa to my mom and then to us. When we left Minnesota in August, my grandpa was sitting in one of our lawn chairs in the shade of our old house.

This would become a once-in-a-lifetime road trip (or twice for me, as I would learn later), followed by two years of living in Alaska.

Our trip started with a detour south to the bus terminal in Minneapolis, where we picked up my cousin Corwin, who came from Wisconsin. We made it as far as the Detroit Lakes area on the first night. We didn't have a camper. Corwin and I got too warm in the tent and slept outside by the road. The next morning we packed up our trailer and left after the tent dried. When driving down the road, the tarp flapped like clothes in the wind.

It didn't take too long for trouble to literally run into us. We were rear-ended by an extremely intoxicated guy in a truck in North Dakota. Once he ran into us, he went into the ditch and passed us on the right. If this had been in Minnesota, he would've been airborne, since most of the ditches aren't too truck-friendly.

We stopped and checked the trailer. The tongue was bent, but the ball and the chains held. The next town was Martin, North Dakota. We called the local lawman, who rounded up the drunk driver. He was so drunk that when he opened his truck door, he fell out. My guess is that he would've blown a .20 or more. We got $200 from the driver, which more than covered our $12.00 repair bill.

Crossing into Canada

Crossing into Canada was much easier in 1981 than it is today. All you had to do was say how long you were going to be there and where you were going. Nowadays it's Twenty Questions.

Canada is kind of like any other flat part of the U.S.A., except everyone says "eh." They all dressed like us and spoke English. But their pop cans also had French words, and the gas was measured in liters. (Gas cost about 65 cents a liter, or $1.35 a gallon.)

There were days that we drove into a never-ending horizon. We stopped at grocery stores and ate lunch meat sandwiches and potato chips. One such grocery store, somewhere in the middle of Canada, stands out. We were eating our food outside in the parking lot. Some of the locals decided to show off and spin the tires on their car. When the tires spun, they contacted the tar and had some grip. The girl's head snapped back and hit the seat. We laughed at them – so much for trying to be cool.

We just drove and drove. We didn't have any mechanical problems. We all knew what our jobs were. Mine was to unpack the tent and put it up while the others were cooking a meal or going into town to get our dinner. I suppose some of you are thinking, "Wasn't it better to eat in a cafe?" It might've been, but when you are on a budget, cooking your meal is a lot cheaper.

When we reached the head of the Alcan Highway, we stayed a couple of days in Dawson City, British Columbia, to see the sights. Then we started on the Alcan Highway.

The highway was being paved in some parts, so there were some long lines of traffic. We had heard about all of the flying rocks that took out headlights, so we bought some light covers, which didn't work. Somewhere down the line we bought a one-size-fits-all bug screen, which made the front of the vehicle look like a fence, but it saved us, I think.

We went through the Canadian Rockies. The streams were so clear and cold. At one spot we stopped to observe mountain goats that were on the side of a mountain.

At another stop we encountered a stranded family whose vehicle had taken some damage and the engine had blown up. We were so lucky to not have any breakdowns or flat tires.

Mille Lacs Band Members Attend National Casino Marketing Conference

Photo courtesy of Grand Casino Mille Lacs

Band members Joe Nayquonabe Jr., Chad Germann, and Rodney Pendegayosh attended the Casino Marketing Conference in Las Vegas.

By Sarah Barten, Grand Casino public relations specialist

Joseph Nayquonabe Jr., corporate director of marketing for Grand Casinos; Rodney Pendegayosh, executive host for Grand Casinos; and Chad Germann, founder and CEO of Red Circle Agency attended the Casino Marketing Conference July 18-20, 2011, in Las Vegas, Nevada. The conference is the only senior-level marketing conference in the gaming industry. This year's event was loaded with tools and techniques to help gaming properties bounce back from the recession.

Nayquonabe was excited for this year's conference, not just as an attendee, but as a panelist as well. Nayquonabe was asked to sit on the "Hunters & Huggers?" panel, to talk about the changing roles of casino hosts. He was among good company, too. He was one of four player development experts from around the world who weighed in on the topic.

"I was honored to sit on this particular panel among great leaders," Nayquonabe said. "Gaming is a mature industry in our market, so it becomes a greater challenge and a greater necessity to understand our casino customers and how to best serve them. I learned some great ideas to bring back to help our player development departments at each casino."

Rodney Pendegayosh attended three sessions to learn more about player development. He has an interest in this area and in casino marketing, and this conference gave him the opportunity to explore ways to reach existing and potential Guests.

"As a former legislator, I know how important Indian casinos are to the economies in rural Minnesota," said newly-appointed commissioner of corporate affairs Gail Kulick. "This conference was a great opportunity for two of our key Associates to learn more about how we market Grand Casino Mille Lacs and Grand Casino Hinckley to ensure that we maintain the success of the properties and the jobs they have created."

The conference also featured a vendor tradeshow for businesses to share information and network with other casino clients. Chad Germann's business, Red Circle Agency, was a featured business at the vendor trade show.

Heating, Water, and Home-Related Maintenance Problems

If you live in a Mille Lacs Band Housing-maintained home, call for housing maintenance service in your district. During regular business hours, please call our customer service representative at 800-709-6445, ext. 7799. If you live in a home not maintained by the Mille Lacs Band and need assistance after hours with utilities or heating, please call 866-822-8538. Press 1, 2 or 3 for your respective district.

Department of Labor Holds Free Driver's Education Class

The department of labor is offering free driver's education classes at Lake Lena Community Center to adults 18 years old and older who need to take the written portion of the driver's test. The nine-hour course will cover the information needed to pass the written driver's test. The three-day, three-hour class sessions will be held from noon to 3 p.m. on Tuesday, September 27, Thursday, September 29, and Tuesday, October 4.

The course is open to those who have never taken the written driver's test or those who are eligible to retake the written driver's test and apply for a driver's license. Class size is limited. After completing the session, the department of labor will provide transportation to the Driver's License Exam Center in Sandstone for participants to take the written exam on October 6.

To pre-register and complete an application, visit the Mille Lacs Band department of labor office in District I or District III. These classes will be scheduled in Districts I and II at a later date. For more information, contact the department of labor at 320-532-4741 or 800-922-4457.

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

"The story as it's told."

Kelly Sam, Editor

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St. Paul, MN 55101

Please provide news tips and other information by the 15th of the previous month.

Emergency Services Department

By the Emergency Services Department

Loan policies

Emergency loans are available for Mille Lacs Band members who have encountered an unforeseen emergency beyond their control. Eligible applicants can borrow up to $750 as a maximum loan; however loan balances must be paid in full before a new application can be processed. The only exception to this policy is an unforeseen medical or funeral emergency.

Energy Assistance Program

Applications for the Minnesota Energy Assistance Program are currently being mailed to pre-qualified clients, so please check your mailbox. Applications for new clients will be available on October 1. If you have questions, contact the emergency services office at 320-532-7880 or 888-622-4163, ext. 7880.

Photo Correction

Photo courtesy of Cheryl Minnema

The photo of the vest that was made for Ole Nickaboine and was published in the July 2011 **Ojibwe Inaajimowin** ***was incorrect. The actual vest is pictured above.***

Free Hearing Evaluations

To schedule an appointment for **Friday, September 9**, at Ne-Ia-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

Tribal Noteboard

Happy September birthday to:

Wesley Gahbow on September 13 with love from Kelly, Jay, Kellen, Auntie Peanut, Rachel, Taya, Noah, June, Onee, and Deek • **Ruel Smith**, 19, on September 14 from Cliff and Mary Pewaush • **Jeffrey Sam**, on September 27 from Lesley, Tre'von and Quincey • **Jose Williams**, 29, on September 25 from mom, Theresa • **Destanie Anderson**, 15, on September 3 with love from mom, Shyla, Jordan, Gramma Gina, Uncle Dal, Dilly Bar, Buddy, Elvis, Gramma Nazz, and Papa • **Evan**, on September 14 with love from mom, dad, Jazzy, Grandpa Curt, Tyson, Tiff, Faith, Jon, Eva, Jeff, and Gramma Lenore • **Oginii**, from mommy, sisters, brothers, papa, Kokum, aunties, uncles and cousins • **Elfreda**, from mom, dad, sisters, brothers, Elyla, Redfeather, nieces and nephews • **Ian**, from mom, sister, brothers, papa, Kokum, aunties, uncles and cousins • **Aiyanna Lynn**, on September 14 from mom, Harmz, Nan, Dessa, Gramma Nat, and Uncle Travis • **Uncle Travis**, on September 27 from Harmz, Nan, Yaya and Dessa • **Dakota**, 9, with love from mommy, dad, Jai, Hamlet Ferrari, Tinkerbell Fenti, Durc Shinobi, Christian Dior, Zelda Monroe, Abuelita, Jory Lee, Anty Heather, and your cousins • **Daniel St. John**, 7, on September 24 with love from daddy, mommy, grandpa, sister, and Mouse • **Q**, 3, with love from Auntie Chey, Ron, and Shay Shay • **Krystyna Virnig**, 21, with love from Heather, Daniel and Thomas Virnig • **Dad**, on September 3 with love from Mariah and Kevin • **Char**, on September 9 with love from Gram AA, Karen, Valerie, Mariah, Kevin, Rae, Waylon, Tracy, Jarv, Shel, Max Dean, Aidan, Jake, Jaime, Mark, Aiva, Emery, Sharon, Wally, Rave, Melz, Nicole, Chris, Jimmy, Cordell, and Chris • **Prince Charming**, on September 17 with love from your sis • **Chris**, on September 19 with love from Nicole, Jameson, Cordell, Chris, Val, Mariah, Kevin, Brad, Tracy, Jarvis, Shel, Max, Aidan, Jake, Jaime, Aiva, Mark, Emery, Sharon, Wally, Rave, Melz, Rae and Waylon • **Nade**, on September 28 with love from Gram AA, Karen, Valerie, Marian, Kevin, Rae, Tracy, Jarv, Shel, Max Dean, Aidan, Jake, Jaime, Mark, Aiva, Emery, Sharon, Wally, Rave, Melz, Nicole, Chris, Jimmy, Cordell, and Chris • **Mexican Sis**, on September 29 with love from your Latina Sis • **Jerome Bedausky**, on September 5 with love from mom, Brenda, Rome, Lucas, Fran, Trista, Paris, Michelle, Camryn, Cordell, Ed, Timmy, Miss Veronica, Auntie Nancy, Larry, and the rest of your family • **Taryn Bedausky**, on September 18 with love from dad, Gramma Mary, Brent, Brenda, Rome, Lucas, Michelle, Camryn, Cordell, Ed, Timmy, Miss Veronica, Nancy, Larry, and the rest of your family • **Selena Marie**, on September 10 with love from mom, Chey, Dante, Mase, Shawsha, Soul, Daymon, Gramma, DeaLayna, Stone, Derek, Frankie, Rachel, Joe, Simone, Donny, Joey, Sheila, Jim, Jeannette and Bruce • **Soul Son**, 4, on September 15 with love from mommy, Chey, Selena, Dante, Mase, Shawsha, Daymon, Gramma, DeaLayna, Stone, Derek, Frankie, Rachel, Joe, Simone, Donny, Sheila, Donny, Sheila, Joey, Jim, Jeannette and Bruce • **Simon**, 1, on September 5 from Gramma Vera, DeaLayna, Stone, Derek, Frankie, Rachel, Joe, Simone, Donny, Sheila, Joey, Mary, Selena, Dante, Mase, Shawsha, Soul, Daymon, Jim, Jeannette and Bruce • **Georgia Rae**, on September 6 from Auntie Barb and all the girls • **Tai Ann**, 7, from Grandma Barb • **Ian**, 13, September 29 from Grandma Barb • **Cheyuana Rei**, on September 1 from Lenore, Tyson, Tiffany, Faith, Jon, Eva and Jeff • **Jonathan**, 18, on September 5 from mom, Tyson, Tiffany, Faith, Eva, Jeff, Evelyn, Evan, Jazmyn, dad, Grandpa Lenny, and Gladys and family • **Lynnae**, on September 12 from Lenore, Tyson, Tiffany, Faith, Jon, Eva, Jeff, Grandpa Lenny, and Gladys and family • **William II,** on September 13 from Lenore, Tyson, Tiffany, Faith, Jon, Eva, Jeff, and Grandpa Lenny • **Tyson Sam**, 21, on September 14 from mom, Tiffany, Jon, Eva, Jeff, dad, Evelyn, Evan, Jazmyn, Grandma Lenny, and Gladys and family • **Daddy**, on September 14 from Faith Harmonie • **Collin**, 22, on September 24 from Lenore, Tyson, Tiffany, Faith, Jon, Eva, Jeff, mom, dad, Roland, Kevin, Vince, Desi, Lydell, Kayla, Roland Jr., Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clay Jr., Aubrey, Roxanne, Danica, Bev, Rog, Juni, Roy and Jill • **Clay Sr.**, on September 25 from Lenore, Tyson, Tiffany, Faith, Jon, Eva, Jeff, Candy, Clay Jr., Aubrey, Roxanne, Danica, and Garbow and Smith families • **Cassandra**, on September 23 from Lenore, Tyson, Tiffany, Faith, Jon, Eva and Jeff • **Snooki**, on September 7 from Lenore, Tyson, Tiffany, Faith, Jon, Eva and Jeff • **Kyle Welsh**, 17, on September 4 with love from Ron, Gladys, Roland, Collin, Desi, Kayla, Lydell, Roland Jr., Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clay Jr., Aubrey, Roxanne, Danica, Bev, Rog, Juni, Roy and Jill • **Roger**, 56, on September 5 from Roland, Collin, Desi, Kayla, Lydell, Roland Jr., Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Clay Jr., Aubrey, Roxanne, and Danica • **Karen "Mama" Sam**, on September 4 from Tiffany Jane and Kali Anne • **Krystyna Virnig**, 21, on September 6 from TJ and Kali • **Joseph Daniel Smith**, 11, on September 22 from TJ and Kali • **Noah Dude**, 9, on September 26 from TJ and Kali • **Autumn Rae Smith**, 16, on September 26 from TJ and Kali • **Chrissy Bell**, on September 11 from Rae and Waylon • **D.J.**, on September 28 from Rachel and Waylon • **Bradley Eric**, on September 17 from Rachel and Waylon • **Barlette**, on September 9 from Rae and Waylon • **Nards**, on September 28 from Rae and Waylon • **Trace**, on September 29 from Rachel and Waylon.

Happy September birthday to Mille Lacs Band Elders!

Joe Anderson Jr.
Joyce Benjamin
Viola Buck
Rose Bugg
Joseph Crown Jr.
Roger Dorr
Shirley Evans
Violet Ewert
Lorena Gahbow
Joseph Garbow
Mary Garbow
Roger Garbow
Carol Hernandez
Bernida Humetewa
Donna Iverson
Kathleen Johnson
Rueben Merrill
James Mitchell
Carol Mojica
Jacqueline Moltaji
Elmer Nayquonabe
Joseph Nayquonabe
Carol Sam
Darlene Sam
Karen Sam
Janice StandingCloud
Charles Sutton
Irvin Sutton
Marty Thomas
Russell Thomas
Joanne Weyaus
Leonard Weyaus
Richard Weyaus
Bonita White
Dale Barnet
Michael Wind

Congratulations

Congratulations to **Angelina Lanea** for becoming Ponsford Pine Point Princess. With love *from Auntie Star and the rest of your family.*

• • •

Congratulations to **Dave and Diane Barstow** for celebrating their 40th wedding anniversary on August 27. May you be blessed with many more. With love *from mom and family*.

Thank you

Thank you to our friends and family during **Harold Hill**'s funeral. Special thanks to the OMB office, Chief Executive's office, and Legislative Branch. From his family.

• • •

Thank you to the SYEP and a special thank you to Lou at Grand Makwa Cinema. My daughter enjoyed her summer job there and gained knowledge and experience. I'm proud of her! Thanks again, *from Valerie Harrington*.

Birth announcement

Congratulations to William Martin Sr. and Kimberly Taylor on their birth of their son **Gavin Richard Martin** on July 6.

In memory

In loving memory of **Adam Christopher Nayquonabe**, September 3, 1988-July 1, 2011.

Don't grieve for me, for now I'm free. I'm following the path the Great Spirit has laid you see. I took his hand when I heard him call. I turned by back and left it all.

I could not stay another day. To laugh, to love, to work, to play. Tasks left undone must stay that way. I found that peace at the close of day.

If my parting has left a void then fill it with remembered joy. A friendship shared, a laugh, a kiss, oh yes, these things I too will miss.

Be not burdened with times of sorrow. I wish you the sunshine of tomorrow. My life's been full, I savored much. Good friends, good times, a loved ones touch.

Perhaps my time seemed all too brief, Don't lengthen it now with undue grief. Lift up your hearts and peace to thee, the Great Spirit wanted me now, he set me free.

Love you always cousin, *from Tiffany J. Sam*.

Highlights from the 45th Annual Mille Lacs Powwow

By Toya Stewart Downey

Thousands of spectators came out to witness hundreds of American Indian dancers who participated at the 45th annual Mille Lacs Band of Ojibwe Traditional Powwow that was held August 19-21.

"The Traditional Powwow was a success," said Freedom Porter, co-chairperson of the event.

Twelve drum groups participated, as did several hundred dancers from around the country and Canada.

Each day showcased dancers dressed in their brilliantly colored regalia. Veterans and royalty led the procession during each Grand Entry. Though rain showers delayed the Grand Entry on both Friday and Saturday nights, the majesty of the procession wasn't lost, event organizers said.

"I felt that we did not miss a beat by holding off Grand Entry Friday and Saturday nights due to the rain," said Rob Thompson, a powwow committee member. "We were delayed half an hour the first night and a full hour on Saturday, but the wait was worth it."

Organizers were also pleased that the event garnered so much media attention through requests for interviews from mainstream media outlets including the public television station Lakeland News, Minnesota Public Radio, and KKIN radio station.

"We were also proud that the Ham Lake Boy Scouts used this powwow to earn one of their merit badges," Freedom added. We wish to thank them for volunteering to serve our Elders.

Although there were many highlights of this year's powwow, such as witnessing Band member and veteran Tony Pike dance for the first time at the event and the announcement of new royalty, the weekend was also bittersweet for some.

"A lot of our long-time committee members are not returning next year, so the powwow ended with appreciation to them and also a bit of sadness," said Freedom. "But this powwow will go on and continue to get better year after year. We always build on the successes of our predecessors."

In a public thank you note on the Mille Lacs Band of Ojibwe Traditional Powwow Facebook page, organizers wrote, "We close this powwow with gratitude and appreciation to each of you who have made this a success – our vendors for your cooperation, our guests for your words, and, of course, our singers and our dancers."

"Mii gwech to our volunteers, our tribal police officers, and our powwow committee," the Facebook post continued.

Other activities during powwow weekend included a horseshoe tournament, a parade, and a fun run sponsored by the Mille Lacs Indian Museum. The free event, which was open to the public, was held at the Iskigamizigan Powwow Grounds, located two miles north of Grand Casino Mille Lacs.

For additional powwow coverage see pages 2 and 12.

Ojibwe Language Classes Held at Urban Office

Ojibwe language classes will be held at the Urban Office starting on September 19. This five-week class is held from 5:30-7 p.m. and taught by Mille Lacs Band Elder Larry "Amik" Smallwood. Come early and enjoy a light meal before class. Everyone is welcome to join.

Cultural Leave Is Not Paid Leave

Cyrilla Bauer, director of human resources for the Mille Lacs Band, recently sent the following memo to Band government employees:

Aaniin,

Many questions regarding Cultural Leave have been raised. Hopefully, this will clarify Cultural Leave.

Cultural Leave is not a paid leave. Cultural Leave is provided to regular full-time employees who have completed the 90-day probationary period. For purposes of this policy, Cultural Leave is defined as Mide'win ceremonies and Ceremonial Drum ceremonies. Eligible employees may be provided a maximum of two weeks "paid or unpaid" Cultural Leave with prior approval from supervisor.

Eligible employees who wish to get paid for the leave can utilize their accrued sick or annual if they are participating or involved themselves in Mide'win. If an eligible employee is walking a participant through Mide'win, the eligible employee will need to utilize annual if they wish to get paid for the leave. If the eligible employee has no sick or annual available, the Cultural Leave is unpaid.

If an employee is required to make special preparations for his/her attendance at a Ceremonial Drum ceremony, he/she may request four hours of "paid or unpaid" time off on the Friday preceding the weekend that the ceremonies are held. Again, "paid means employees can utilize accrued annual" and "unpaid means an employee does not have accrued annual and therefore takes the cultural leave with no pay."

I hope this explanation will minimize questions or concerns regarding the policy on Cultural Leave.

Mii Gwech,

Cyrilla Bauer

This memo above evoked significant reaction, including the following e-mails. Elder Bette Sam, the assistant to the Commissioner of Finance, sent the first e-mail; the others responded to Bette.

Bette:

"Years ago, we never got paid to do cultural stuff, ceremonies. Our fathers, mothers and grandparents never did anything for pay. Just a thought, from me."

Response 1:

"I totally agree with you. Seems like no one knows how to 'Volunteer' without getting paid anymore."

Response 2:

"e'ya"

Response 3:

"Thank you Bette, I understand what you mean. It's like that in Hawaii – we do things just because that is expected of us – not to get paid. I appreciate your words always. Thanks, again."

Response 4:

"I wish it was still that way…"

Response 5:

"I totally agree with you Bette!"

Response 6:

"I totally agree with your response to Cyrilla!!! It seems no one wants to help each other anymore, without getting 'paid' to do it. That is really SAD!!! Mii Gwech, Bette!!!!"

Response 7:

"Nice"

Response 8:

"You go girl! So true so true! Roots."

Mii gwech to these Band employees for being good cultural role models.

Calendar of Events

September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Purchase Tickets* **Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com	*If you would like an event included in the community calendar,* **please contact Kelly Sam at 651-292-8062** *or write to Kelly at* **kelly@goffpublic.com**		**Narcotics Anonymous** Brick House 8 p.m. Every Wednesday	1 **Talking Circles** District I Community Center 5:30 p.m. Contact: KC Paulsen 320-532-4046	2 **All government offices closed at noon**	3 **Don Williams*** Grand Casino Mille Lacs 7 p.m.
4	5 **All government offices closed for Labor Day** **Pine Grove Leadership Academy Meeting** 5:30 p.m. Contact: Melanie Benjamin 320-384-7598 **AMVETS Meeting** Grand Casino Mille Lacs, 6 p.m. Contact: Ken Weyaus 320-309-6925	6 **Mille Lacs Band deer hunting season opens**	7	8	9	10 **Kids Crafts** Mille Lacs Indian Museum 11 a.m.-3 p.m.
11	12	13	14 **District I Community Meeting** District I Community Center 5:30 p.m. Contact: Judith Ballinger 320-532-7423	15 **All District Elder Meeting** East Lake Assisted Living Unit 11 a.m. Contact: Denise Sargent 320-532-7854	16 **Paul Anka*** Grand Casino Mille Lacs 8 p.m.	17 **Paul Anka*** Grand Casino Hinckley 8 p.m.
18	19	20 **District II Leadership Academy School Board Meeting** 4 p.m. Contact: Raina Killspotted 218-768-2345	21 **District III Community Meeting** Grand Casino Hinckley 6 p.m. Contact: Katie Draper 320-384-6240	22	23	24 **Woodland Pottery Workshop** Mille Lacs Indian Museum 12-4 p.m. **All District Elder Music Jam** District I ALU 1-4 p.m. 320-532-7760
25 **Woodland Pottery Workshop** Mille Lacs Indian Museum 10 a.m.-2 p.m.	26	27 **Driver's Education Classes** Lake Lena Community Center 12-3 p.m. (See page 8)	28 **District IIA Community Meeting** Chiminising Community Center 5:30 p.m. Contact: Lesley Sam 320-676-1102	29 **Urban Area Community Meeting** All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson 612-872-1424 **District II Community Meeting** East Lake Community Center 5:30 p.m., Contact: Jenny Waugh 218-768-3311	30	October 1
2	3	4 **Onamia Indian Education Meeting** Rolf Olson Center Noon, Contact: David Sam 320-532-4901	5	6	7	8

"Describe Your Ideal Summer Day"

Monica Haglund

"Being with family and friends at the lake."

Vanessa Gibbs

"Grilling out and hanging with family and friends."

George LaFave

"Having a BBQ and playing sports with friends."

Deloris Gibbs

"Playing with my son, Cheveyo, and his water beach ball."

Patty O'Brien

"Eating a fresh cucumber salad while harvesting manoomin on the lake."

Bonita White

"Picking berries, listening to the birds and animals, and visiting with all the grandkids. I can't walk, but I would love to be able to walk around."

Duck White

"Peeling birch bark when it comes off nice and making baskets. Having a sunny day to pick blueberries."

Jodi Nickaboine

"Going to the beach with family and friends. Playing basketball."

Photos by Toya Stewart Downey

45th Annual Traditional Mille Lacs Powwow Recap

By Mille Lacs Traditional Powwow committee members

Powwow royalty and winners

Congratulations to the 2011-2012 Mille Lacs Band powwow royalty!

Royalty

- Darius Barnes, Senior Brave
- Eldayshun Day, Junior Brave
- Noel Kegg, Senior Princess
- Nakaya Losh, Junior Princess

Parade float

- 1st place: Boys & Girls Club
- 2nd place: Women's Auxiliary
- 3rd place: Pine Grove Leadership Academy

Moccasin game

- 1st place: Andrea Jackson's team
- 2nd place: Ernie Boyd's team
- 3rd place: Joel Shaugobay's team
- 4th place: Larry Wade's team

Horseshoe tournament

- 1st place: Randy Sam and Darwin Wilkins
- 2nd place: Jeremy Harrington and George Auginaush
- 3rd place: Tracy Burr and Travis Smith
- Most ringers: Jeremy Harrington

Rez car

- 1st place: Leslie Day
- 2nd place: Rachel Pierce
- 3rd place: Donna Gilmore

Raffle winners

- ATV: Kenny King
- 52 weeks of bingo: Jeffrey Moose
- Canoe with push pole, knockers, and paddles: Zoe Norrgard

Thanks to volunteers and contributors

We would like to give a special thank you to the Ham Lake Boy Scout Troop, which volunteered on Saturday to help serve the Elders.

The Powwow Committee is a volunteer group of Band members and employees who make this event happen every year. We'd like to recognize these individuals who put in many hours throughout the year planning and putting this event together. Committee members also worked all weekend managing the activities, vendors, contractors, and scheduled workers. Mii gwech to all of the committee members.

- Anthony Pike
- Carla BigBear
- Carmen Weous-Behnkie
- Cyrilla Bauer
- Denise Sargent
- Freedom Porter
- Ginger Weyaus
- Kenneth "Mister" Mitchell
- Kim Sam
- Lisa Blahosky
- Mary Jo Jennings
- Michelle Beaulieu
- Robert Thompson
- Sharon James
- Steve Premo
- Thomas Mitchell

Elder advisors

- Dorothy Sam
- Kenny Weyaus

Powwow Committee

If you are interested in serving on the Powwow Committee, the committee will be seating new members and electing 2012 officers on September 30. The time and location has not been set yet. Contact Sharon James at 320-282-2712 for meeting details.

For additional powwow coverage see pages 2 and 10.

Mille Lacs Indian Museum Events

Wild rice processing

Watch museum staff process wild rice the traditional way, including how to dry, parch, thresh, and winnow the wild rice. Visitors will see the finished product.

Twenty minute presentations will be held every hour from 12-3 p.m. every Saturday in September.

Kids craft workshop

Children can learn a basic stringing technique while they bead a ring to take home. Please allow an hour to make the craft.

The workshop costs $3 per kit and will be held on Saturday, September 10, from 11 a.m.-3 p.m.

Woodland pottery workshop

On the first day participants will learn how to dig clay, harvest the tempering agents, and construct their clay vessel. On the second day, participants will finish their surface details and temper their clay vessel in a firing pit. This class will be held on Saturday, September 24, from noon-4 p.m. and Sunday, September 25, from 10 a.m.-2 p.m.

The workshop costs $60 for the general public and $55 for Minnesota Historical Society members and Mille Lacs Band members.

Please call 320-532-3632 for more information.

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

October 2011 *"The story as it's told."* Volume 13 • Number 10

Four Powwow Committee Members Form Lasting Friendship Through Shared Experiences

Photo courtesy of Studio One Photography

(Left to right) Sharon James, Mary Jo Jennings, Cyrilla Bauer, Freedom Porter and (Front) Kenneth Weyaus, Sr.

By Toya Stewart Downey

At the beginning, they were four people who came together for a common cause – to help plan the Band's annual traditional powwows.

That was a decade ago, and since then the four Band employees who didn't know each other well have become friends who have bonded over the shared experiences of helping coordinate one of the Band's biggest events held each year.

"Many have come and gone, but the core group has stayed the same for 10 years," said Freedom Porter, co-chair of the committee. "We all choose to volunteer our time to make this powwow a success year after year. And that was what has always held this group together."

"The four of us – Mary Jo Jennings, Sharon James, Cyrilla Bauer, and me – have been together officially as the executive committee for eight years, and we have all served together for 10," he added. "Four people, who came from different walks of life within the Band, four strong-minded individuals, four people who may not have ever come together if not for the powwow, are now walking away from this as friends."

As the 45th Annual Mille Lacs Band of Ojibwe Traditional Powwow came to a close on August 21, so did the decade-long partnership of the core committee members.

The four had decided that last year would be their final term serving on the committee, because each had new roles to play both personally and professionally. However, Chief Executive Marge Anderson asked them to reconsider, so they signed up for another year.

Sharon, a 14-year committee veteran, said, "A connection is created with those you work and struggle with."

"We have shared common goals and difficulties throughout the years, she said. "When you work through that you form a friendship that strengthens you. We helped hold each other up when the going got tough, we cheered each other on when we felt like quitting, and we kept the fun and humor alive as it should be with anything we do."

Through their times of disagreements, and "even a bona fide argument or two," what always mattered most is that they were involved on the committee for the same purpose.

Mary Jo joined the committee as a way to get more involved with the community and gain leadership experience.

While she accomplished those goals, she got more than she bargained for.

"My best experience is the friendships I've cultivated," she said. "You would have never thought that we would have become friends. We have different personalities, and there are times we disagreed or didn't understand why decisions were made, yet we formed a unique relationship that is hard to explain."

"We all get each other," she said. "Freedom thinks there are gray areas, I'm more direct and think it's either black or white, Sharon is precise and evaluates everything, while Cyrilla is the quiet one who sits back and listens, but understands everything."

The first year was challenging as they figured out the nuances of the new relationship, but by year two they found their groove.

"We could anticipate the needs of others and we developed insights about each other," Mary Jo said. "It was a lot of work, but it was exciting at the same time, especially the weekend of the powwow."

Cyrilla said while the weekends were usually a busy blur, the grand entries were always the highlights each year.

"That was always the payoff from the planning leading up to the powwow," she said.

Over the years, Cyrilla said committee members came and went, but the camaraderie she felt with Sharon, Freedom and Mary Jo was constant.

"I enjoyed being a part of the committee," she added.

The four said their relationship with each other was built on trust, being comfortable with each other, and the

(Continued to page 2)

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Four Powwow Committee Members Form Lasting Friendship Through Shared Experiences

(Continued from page 1)

common goal of planning the powwow.

"We were keenly aware of the number of people who relied on us every year. That did a lot to develop our characters and is probably the cornerstone of our partnership," Freedom said.

Another crucial part of their bond was the lessons they learned from the Elders including James Clark, Raining Boyd, Kenneth Weyaus, Sr. and Dorothy Sam. Those Elders taught the group about powwows and what it means to be Anishinabe, Freedom said.

"I took a lot of pride that these Elders trusted us with this powwow year after year," he continued. "Most of all, they showed us how important it is that this powwow remain true to itself. Their golden rule, which was passed to us and we have passed on to future powwow committees, is what you see at other powwows is not brought to Mille Lacs. Ours is unique, and ours must remain the same every year."

Sharon said she, too, is grateful for the teachings of the Elders.

"Personal growth for me is mental, physical, emotional and spiritual," she said. "Participating and interacting with the committee, the community, our youth, the singers, dancers and vendors – this all adds to an individual's experiences and knowledge."

"I have learned from them, walked the powwow grounds hundreds of times with them, laughed and cried with them, and strengthened my spiritual connection because of them," said Sharon. "It is all who participate that I appreciate and thank. Chi mii gwech!"

The four say they will miss being a part of planning the event, yet each is confident that the "good folks who stayed on for another powwow" and those who will join the committee will carry on the traditions and legacy that have been built over the last 45 years.

"The 46th powwow committee is looking good, and so even though we are going to miss it, I think the four of us all feel comfortable stepping down," said Freedom.

His advice to the future committees is that they learn to rely on each other, just as he and his cohorts did.

"You will have failures and setbacks. Take it as a group and don't blame. Listen to your spiritual/Elder advisers. Build on the successes of your predecessors, and stay true to our history. We have been there before. Most importantly, have fun," he said.

"Keep in mind we are all a part of this family, and we share the same experiences. Don't hesitate to look to the past for assistance, and use your advice when you can," Freedom continued. "But remember it is your show now; don't hesitate to put your own signature on a legacy that has been building for 45 years."

Statement of Sympathy

The Traditional Powwow Committee expresses its deepest sympathies to the family and friends of Commander Kenneth Weyaus, Sr.

Kenny was one of our longest-serving powwow committee members, having been an influential part of the Traditional Powwow Committee for three decades.

Kenny chaired the Traditional Powwow Committee for nearly 20 years before entering semi-retirement in 2002. Kenny had served as our Elder/spiritual adviser for the past nine years. Through his leadership, Kenny kept the traditional powwow true to its history, always injecting humor into this organization. Powwow committee members have come and gone, but Kenny was always our link to the past. He guided the traditional powwow into the 21st century.

Kenny had fallen ill earlier this year and was unable to join us for the 45th Annual Mille Lacs Band of Ojibwe Traditional Powwow. Yet we knew his heart was with us.

The traditional powwow has lost a great leader, a dear friend, guide, and teacher.

Curt Kalk Honored By Emergency Managers

The Association of Minnesota Emergency Managers (AMEM) presented Mille Lacs Band Secretary/Treasurer Curt Kalk with the Outstanding Elected Official Award at its annual fall conference in September. This award recognizes elected government officials who support the work of emergency management.

AMEM consists of more than 400 county, city, tribal and other emergency response planners from across Minnesota. It advocates for the development of programs and processes that advance disaster preparedness.

Monte Fronk, the Band's emergency management coordinator, is a long-time AMEM member as part of his work for the Band.

"Monte has done an outstanding job in coordinating the Band's emergency management efforts for the past 10 years," Curt said. "He's developed partnerships with neighboring agencies, made sure that we have critical equipment, and helped us prepare for the unexpected."

DNR was the agency within the Band government that applied for the initial grant a decade ago to establish the emergency management program on the reservation. Mille Lacs was one of the first two tribal governments in Minnesota to have its own program.

Curt, who was the DNR Commissioner at the time, became an active member of the Band's Tribal Emergency Response Committee (TERC) – essentially the people behind the program. In many of the Band's drills and exercises, he was the lead Commissioner in the TERC command system, since many types of emergencies affect the Band's natural resources. As Secretary/Treasurer, Curt has continued to stress the importance of Band preparedness and individual preparations that people can make at home and with their families.

Congratulations Curt.

Do You Know Any Hardworking Volunteers?

Do you know an outstanding Band member who gives time to the community or a special cause and expects nothing in return? The Mille Lacs Band is looking for strong examples of volunteerism as part of a future project.

If you have a story to share, please contact Kelly Sam, *Inaajimowin* editor, at 651-292-8062 or Kelly@goffpublic.com. Be prepared to provide your name, the name of the person you recommend, an explanation of what that person did and when it happened, and who to contact for more information. Mii gwech!

Influenza Vaccines Available

Influenza vaccines are available for people eligible for services at Ne-Ia-Shing Clinic, East Lake Clinic and Aazhoomog Clinic now through June 30, 2012.

Please call the clinic nearest to you to make your appointment.

- Ne-Ia-Shing: 800-709-6445 or 320-532-4163
- East Lake Clinic: 877-768-3311, ext. 2232
- Aazhoomog Clinic: 877-884-0149

Heating, Water, and Home-Related Maintenance Problems

If you live in a Mille Lacs Band Housing-maintained home, call for housing maintenance service in your district. During regular business hours, please call our customer service representative at 800-709-6445, ext. 7799. If you live in a home not maintained by the Mille Lacs Band and need assistance after hours with utilities or heating, please call 866-822-8538. Press 1, 2 or 3 for your respective district.

Band Member Relishes Role of Preserving History, Keeping Records Secure

By Toya Stewart Downey

As the archivist for the Mille Lacs Band, Donald Graves understands the great significance of his role. Whether he is transcribing oral histories of Mille Lacs Band Elders, restoring artifacts, or filing the original copies of the Band's important documents, he believes that what he is doing is what he was meant to be doing.

"It was told to me that my Ojibwe name, Ay Nah Mway We Dong, means the sound of rumbling thunder as it goes away from you or the voices of people engaged in a conversation you hear as they are going away from you," said Donald, 52. "With the transcription of the oral histories that I do, I wonder if I'm fulfilling a role that was foreseen for me by the old man who gave me my Ojibwe name a long time ago."

"I know it's important to preserve the Band's history for the generations that will come after us," he added.

The push to archive tribal records started with the formation of the Federation Fund Archives (FFA) in 1855. It was intended to record information on the Chippewa of the Mississippi and general information on American Indian history. The goal was to preserve documents so they could be available as research material.

The Mille Lacs Band government understood how important it was to preserve and keep its records secure, and some years later it established its own system to archive critical documents. Donald is responsible for the management and security of the Band's retired documents that are no longer needed for day-to-day operations.

"My job is to know where the documents are, to locate them, and to provide them when needed," he said, adding that there is a process for requesting documents and an authorization process that must take place before any documents are released to anyone or any department. "I don't release documents to anyone without first going through the approved process."

Electronic copies are great, but original documents hold more weight if needed in a legal dispute. The Band's original documents are kept in acid-free boxes to help preserve them.

The Mille Lacs Band archives has set retention periods for different types of documents. Some documents may be retained for two years, while others such as treaties, important court cases, Mille Lacs Band resolutions, executive orders, statutes, and Commissioners' orders have enduring value, so they must be retained permanently.

Assets protection

Donald started working in the Mille Lacs Band archives in 2006 after more than 15 years of working for Grand Casino Mille Lacs in departments including hard count, main bank, and surveillance. He served as the director of surveillance for almost five years.

"My jobs at Grand Casino Mille Lacs all involved asset protection in one way or another, and as the Band's archivist, my responsibility is protection and preservation of the Band's documents," he said.

Donald's personal vision for the Band's archives is to have a climate-controlled building separate from the Mille Lacs Band Government Center with adequate storage space and the ability to withstand natural disasters or other catastrophes.

Oral history project

One of Donald's favorite parts of his job is the oral history project, in which he transcribes interviews that were done on audio cassette tapes. He also converts the cassette tapes to digital format (both CD and DVD). Donald also interviews people for the project.

"It's very time-consuming. You have to listen to the recordings and type what is being said in the interview," Donald said. "You want the typed version of the interview to match the recorded interview."

"I like everything about the oral history project," he continued. "Sometimes the things they say are really funny. I even had a chance to listen to my mom, who was interviewed by Betty Kegg. To be able to hear her voice on that recording was very special to me."

He would also like to help in the process of returning artifacts back to the Mille Lacs Band when they are discovered.

Donald has developed a greater appreciation for the Band's history and says he loves his job because of the historical knowledge that he's acquired.

Historic runs

"I was an amateur boxer in the 1970s. I did a lot of road work in those days. Even after I stopped boxing, I continued to do my road work, because it felt good," Donald said.

"I participated in the Waabanong Run from Lac du Flambeau, Wisconsin, to Washington D.C., in support of the Mille Lacs Band of Ojibwe's 1837 treaty rights case, which the Supreme Court heard on December 2, 1998," he said. "The Waabanong Run lasted 16 days."

After the runners arrived in Washington on November 28, a spiritual flame was lit for the four days leading up to the hearing. On March 24, 1999, the Supreme Court reaffirmed the Mille Lacs Band of Ojibwe's rights to hunt and fish within the ceded territory. That day was also Donald's birthday.

"I also participated in the 1999 Mikwendaagoziwag Run from Sandy Lake, Minnesota, to Madeline Island, Wisconsin. Mikwendaagoziwag means 'we remember them.' In the late autumn of 1850, 400 Ojibwe Indians died and thousands of others suffered during what is known as the Sandy Lake Tragedy."

Donald went on to participate in the "sovereignty run" a cross-country relay spanning 12 states, "beginning in Washington state on September 11, 2002, and ending in Washington, D.C., on October 7, 2002," Donald said. "The primary goals of the sovereignty run were to unite tribes and tribal supporters throughout Indian Country, to create sovereignty awareness and support on a national level, and to raise $1,000,000 plus for the Tribal Sovereignty Protection Initiative."

Donald no longer runs because he's not able to, but says he cherishes the memory of participating in such symbolic events.

"As the Mille Lacs Band of Ojibwe's archivist, I feel privileged to be able to hear the oral history and view historic documents concerning the Mille Lacs Band of Ojibwe," Donald said. "Having been involved in those three sacred journeys, I feel a connection to our ancestors and to our community."

Donald and his wife, Kathy, have been married for 24 years. They have seven children and six grandchildren. Donald has also been a boxing commissioner since 2007.

Warriors Weight Loss Challenge

Do you want to lose weight? Do you need extra spending money for the holidays? Warriors Fight Promotions, owned by Mille Lacs Band member Bobby Anderson, is holding an individual weight loss challenge during October, November and December to try to help you accomplish both of these things!

A $500 prize will be awarded to each of the three people who lose the highest percentage of weight during the challenge. There is a $20 fee per person to participate in the challenge.

Weigh-ins will happen at the beginning and end of the challenge in each district and the urban area. Dates for the weigh-ins are:

- District I: October 12 and December 14
- District II: October 13 and December 15
- District IIa: October 13 and December 15
- District III: October 14 and December 16
- Urban area: October 11 and December 13

The challenge is open to Band members and tribal government and Grand Casino employees. Participants are encouraged to attend fitness and nutrition programs at each of the district community centers.

For more information about the challenge, contact Bobby Anderson at 320-385-0262 or warriorsfp@yahoo.com.

New Higher Education Director Strives to Promote Tribal College, Encourage Students

Camille Naslund is the new director of the Mille Lacs Band's Higher Education Program.

By Toya Stewart Downey

As the new director of the Band's Higher Education Program, Camille Naslund is thrilled to have the opportunity to do work that combines two things that she's most passionate about – education and helping Native Americans.

Since assuming her new role in July, Camille has been busy seeking ways to recruit new students and re-engage those who are already enrolled.

"Recruitment and retention are our biggest focus, and my main desire is to increase enrollment and promote education," said Camille, a member of the Leech Lake Band.

Camille said she wants Band members, regardless of their ages or backgrounds, to understand that higher education is an option for them.

It was a lesson she also had to learn.

While attending Hibbing High School, Camille decided she was going to enlist in the military just like her dad and grandfather did. When she told her counselor about her plans, he told her she was going to college instead. She agreed, but with a condition – she only wanted to attend Bemidji State University (BSU).

"He told me he had a friend there, so he picked up the phone and told his friend, who was actually the president of the college, he had a student who wanted to attend BSU and asked him to admit me on the spot," said Camille. "The friend said yes and I got in without having to take the ACT or SAT tests."

"It took that counselor having confidence in me and steering me in a new direction to make me consider college," continued Camille, who believes that anyone who is determined to earn a degree can make it happen.

Camille earned her bachelor of arts degree in criminal justice from BSU in 1990. She later returned to college to earn a master of arts degree in organizational leadership at the College of St. Catherine in 2005 and is currently finishing her doctorate in education degree at the University of Minnesota Duluth.

Before coming to work for the Band, Camille was the dean of student affairs at the Leech Lake Tribal College for almost five years. In that role, she oversaw admissions, recruitment, retention, financial aid, and the student senate.

"My background is actually in social services, but I spent a lot of time helping people get enrolled in school even during the time I was working in the social services field," she said.

While working on her undergraduate degree, Camille interned with the Crow Wing-Morrison County Community Corrections. She ended up working as a contractor at the facility for a year before moving into a job as a probation officer for about five years.

As time passed she learned more about the courts process and then decided to make a shift in her career. She worked as a job counselor for a state agency and later transitioned to working for a program that helped abused women. After that she moved into her role at Leech Lake Tribal College.

"I had great experiences at Leech Lake, and it provided me an opportunity to move to the reservation and to give back to my community," said Camille. "I came to work for the Mille Lacs Band because I was looking for a new professional challenge, and I wanted to bring my experience here to help this program grow."

"For example, if the Band decides to try to get the college accredited, I could assist with that because I've been through the process with Leech Lake," she said. "But right now, my main focus is growing the enrollment and promoting education."

Camille would like to increase the Mille Lacs Tribal College's presence on the Band's website and find more ways to draw Band members to the campus.

When classes started, the college held a pizza party, complete with prizes. Later this month, they will host two family fun nights, where they will hold a best costume contest and serve snacks, and youngsters can go trick-or-treating.

"Families are invited – even those who aren't currently enrolled as students – because we want people to become familiar with the college and the classes we offer," Camille said.

Eventually she would like to recruit high school students to participate in the state's Post-Secondary Enrollment Options Program, which allows students to earn college credits while still in high school.

Camille would also like to find more ways to recognize student achievements and academic accomplishments.

"We should celebrate the success of our students," she said. "It takes a lot of commitment and dedication to decide to enroll in college and then attend classes, earn good grades, and eventually graduate."

"I want people to know more about the scholarship program. I want them to know we have classes here and that we have resources here for them," she said. "We know people have jobs and families and they're busy, but we are here to help them and we will."

Camille was born in St. Paul and grew up in Hibbing. She lives in Onamia, and when she's not working, she spends time with her family, fishing and kayaking.

Family fun night

The Mille Lacs Tribal College is hosting two family fun nights on Monday, October 24, and Wednesday, October 26. The events are free and open to the public. Snacks will be available, youth can trick-or-treat, and there will be a costume contest. For more information, call the college at 320-495-3702.

12th Annual Fall Feast

The 12th Annual Fall Feast for all Mille Lacs Band members will be held on Thursday, November 17, at Grand Casino Mille Lacs. Watch the *Inaajimowin* next month for more information.

Local Community Organizers Prepare for 2012 Voting Efforts

At the end of August, 12 Band members and area residents learned nonpartisan voter organizing skills during a civic engagement training held by Native Vote Alliance of Minnesota (NVAM) and Wellstone Action's Native American Leadership Program in District I.

During the training, participants learned about organizing, door knocking, canvassing, voter mobilization strategies, and more. They also explored effective strategies to help influence policies at all governmental levels.

While many of the participants were veterans of previous NVAM Get Out the Vote campaigns, others were getting politically involved for the first time.

Elizabeth Scott, local community coordinator for the Mille Lacs Band, led the seven-hour training class with other political organizers from NVAM and Wellstone Action's Native American Leadership Program.

"I really felt that the participants were empowered by the things that they learned and are eager to help during the 2012 election season," said Elizabeth. "It's crucial that we engage Band members throughout the election process to increase voter turnout rates. Voting is one of the most important ways that we can influence governmental policies."

According to Elizabeth, Get Out the Vote efforts will start in earnest next spring after redistricting is completed in February 2012.

Early Education Partners With Numbers Work! Math Program

Photo courtesy of early education department

Dr. Sally Moomaw, Numbers Work! program proponent and nationally recognized author on early math, visited the Mille Lacs early education department to introduce the partnership.

By Tammy Wickstrom, Early Education Director

Numbers Work!, an early math initiative of the Saint Paul Foundation, is partnering with the Mille Lacs early education department for the next three years to support early math literacy.

Numbers Work! addresses five subject areas for preschool children: numbers and operations, shape and spatial sense, measurement, patterns, and data analysis of graphs and charts.

Through the partnership, Numbers Work! will provide classroom materials, math kits for families, workshops for teachers, and math coaches for teachers to help improve children's early math skills. To better implement the project, the early education department is hiring a math mentor to assist early education teachers in their classrooms.

Numbers Work! also partners with early childhood programs in the Saint Paul area. The program is funded by the F. R. Bigelow, the Saint Paul, and Mardag Foundations.

Gaming Expansion Talks Stay, Even When Legislators Leave

By Jamie Edwards, Director of Government Affairs

During the 2011 legislative and special sessions, lawmakers considered gaming expansion as a way to raise revenue for the state. In the end, they decided against it.

Yet gaming expansion continues to be a strong and very real threat. According to a recent poll conducted by the Minnesota House of Representatives at the state fair, more than 51% of polltakers believe gaming expansion should be allowed to provide additional state revenue.

Revenue from gaming expansion has been suggested as a way to fund the state's portion of a proposed Minnesota Vikings stadium in Arden Hills. The stadium project would cost about $1.1 billion, with the Vikings paying $407 million, Ramsey County paying $350 million, and the state paying $300 million.

A bill to fund the stadium must be passed by the Legislature, which is not back in session until January 2012 unless Governor Dayton calls a special session to pass a stadium bill. While this may not be likely, stadium advocates will keep the issue top of mind whether legislators are meeting or not. That's why we must continue to stand up for the East Central Minnesota economy by supporting Grand Casinos.

Support the Mille Lacs Band

Hundreds of you have signed up for the Mille Lacs Band Action Center already to fight gaming expansion in Minnesota. Mii gwech for your support.

If you have not yet signed up to support the Band and Grand Casinos in our effort to prevent gaming expansion, please sign up now by going to millelacsband.com and clicking on "Action Center." After you sign up, you will receive important updates about gaming expansion discussions and may be asked to voice your opinions to state legislators at key times.

Public Health Updates

Gego Zagaswaaken (Don't Smoke) program updates

By Carol Hernandez, Gego Zagaswaaken Outreach Coordinator

Commissioner of Health and Human Services Don Eubanks recently approved new smoking policies to help improve the health and wellness of the Mille Lacs Band community and reduce the harmful effects of secondhand smoke exposure.

Effective October 1, smoking is not allowed in front of any Health and Human Services building or in front of the Assisted Living Units. Designated smoking areas are available in the back of each building and have proper receptacles for extinguishing cigarettes. The Gego Zagaswaaken program thanks everyone for their compliance with the new policies.

As a reminder, community education sessions on commercial tobacco and the dangers of secondhand smoke will be held in District III this month. Look for more information to be posted at community centers and in each community newsletter. The education sessions will include a light meal and door prizes.

Additionally, the Gego Zagaswaaken program offers one-on-one appointments to help Band members and employees who are trying to quit smoking. Call Roberta Ladd, community health educator, at 320-532-7812 to make an appointment.

Sudden Infant Death Syndrome Awareness Month

By Allison Harr and Kari DiGiovanni

October is Sudden Infant Death Syndrome (SIDS) Awareness Month. SIDS, the unexpected and unexplained death of a healthy baby, is the leading cause of death for infants who are under one year of age.

American Indian babies are nearly three times more likely to succumb to SIDS than Caucasian babies. To raise awareness, health organizations across the nation are encouraging families with infants to take precautionary measures to help protect their loved ones from SIDS.

The majority of SIDS deaths are the result of unsafe sleep practices. To help avoid SIDS, babies should always be placed on their backs when being put to sleep. Their sleeping environment should include a firm mattress with a tight-fitting crib sheet and exclude any soft or loose bedding items. For warmth, layer clothing or use a wearable blanket, a snugly-fit sleeping sack that provides comfort and doesn't compromise breathing during sleep.

Research warns against exposing babies to secondhand or thirdhand smoke (the chemicals from smoke left behind on skin, hair and clothing, in homes and in cars) which can increase an infant's risk of SIDS.

Contact Allison Harr or Kari DiGiovanni at 320-532-7776 for more information and resources about SIDS.

Home care services

By Donna Hormillosa, District III RN

The Public Health Department's registered nurses (RNs) provide in-home nursing services for Elders and disabled Band members on the reservation.

Nurses help set up and order medications, monitor vital signs, care for wounds, draw samples for lab work, provide diabetes education and care, and offer many other services.

Jackie Jensen, RN, works in District I and District IIa; Mary Mercado, RN, works in Districts I and II; and Donna Hormillosa, RN, works in District III.

Jackie also trains and provides resources to caregivers who assist their family members. Additionally, the Public Health Department provides homemaking services, including meal preparation, light housekeeping, and laundry to Band Elders without family nearby who can help.

For more information about these home care services, contact Jackie at 320-532-7783, Mary at 320-532-7776, ext. 2407, or Donna at 320-384-0149.

Transportation

By Donna Hormillosa, District III RN

The Public Health Department provides rides to medical and dental appointments for Band members in District III who don't have other means of transportation. Rides must be arranged at least two days prior to the appointment and will be available as the schedule allows.

Contact Francine Staples or Connie Taylor at 320-384-0149 to arrange a ride.

Grand Casino Mille Lacs to Offer Blackjack Dealer Training

By Sarah Barten, Grand Casinos Public Relations Specialist

Beginning October 6, Grand Casino Mille Lacs will offer a blackjack training course to Mille Lacs Band members at Grand Casino Mille Lacs. The 10-class course meets Thursday through Monday from 10 a.m. to 6 p.m. for two weeks.

Those interested must be at least 18 years old and able to pass background, drug and alcohol checks. Although course completion does not guarantee employment, it does allow the dealer to be certified, which is required to be hired and licensed to work at Grand Casino Mille Lacs.

Prospective dealers should be personable, outgoing and professional in both demeanor and appearance. All of the games require a certain level of manual dexterity and proficiency in math.

To register for or learn more about the upcoming blackjack classes taught at Grand Casino Mille Lacs, contact the Human Resources Department at 320-532-8325.

District III Storm Update

Since the Lake Lena community was hit with severe winds during a July 1 storm, the Mille Lacs Band has been cleaning up debris and addressing damages with the Federal Emergency Management Agency (FEMA).

DNR Commissioner Brad Kalk is leading his department's cleanup efforts. The initial cleanup phase is complete, and lately the biggest focus has been around the vicinity of Pine Grove Leadership Academy, which sustained some of the worst damage.

But wildfires in the Boundary Waters Canoe Area (BWCA) and other parts of the country have taken Band forestry and conservation staff who would otherwise be working in Lake Lena to areas where their help is most urgently needed.

"The BIA [Bureau of Indian Affairs] forestry department called up our fire crew. We have five employees who went to help in the BWCA, in addition to two conservation officers who are helping respond to Texas wildfires," Brad said. "I recognize that the timing may not be ideal, but this gives our personnel important on-the-job training that they might need on our own reservation some day."

In District III, two of the next steps will be to do an aerial assessment of the damage and work with BIA-certified loggers to help remove additional debris.

"We need to continue removing the trees that blew down to reduce the fire hazard in the coming years and encourage new growth of native plants," Brad said.

FEMA process

Lake Lena was part of a Minnesota Disaster Declaration signed by President Barack Obama following the storm. FEMA will fund 75% of the Band's costs for debris removal, emergency services, and repair of public facilities.

The Band submitted its FEMA Request for Public Assistance form in August, which was required before a FEMA officer could be assigned to the Band's case. As the main point of contact with FEMA, Brad met with the FEMA case officer for the first time on September 13.

Brad will also work in the coming months with other Band Commissioners to help them document the expenses their departments incurred due to the storm damage. These expenses include extra staff time beyond 40 hours per week, the equipment and fuel used to conduct cleanup and repairs, and the administrative work required. The Band estimates about $64,000 in costs, but this figure could continue to grow.

Strains on FEMA funding

Soon after the President signed the disaster declaration for District III and other parts of Minnesota, Hurricane Irene caused major damage from the Carolinas to Maine. That was followed by one of the worst wildfires in Texas history. This put further strain on FEMA, whose funding was already running low.

As a result, FEMA temporarily froze some funding associated with previous disasters. But District III is not currently affected, as funding for debris removal and emergency protective measures remains available.

Friday Night Fights Return to Grand Casino Hinckley

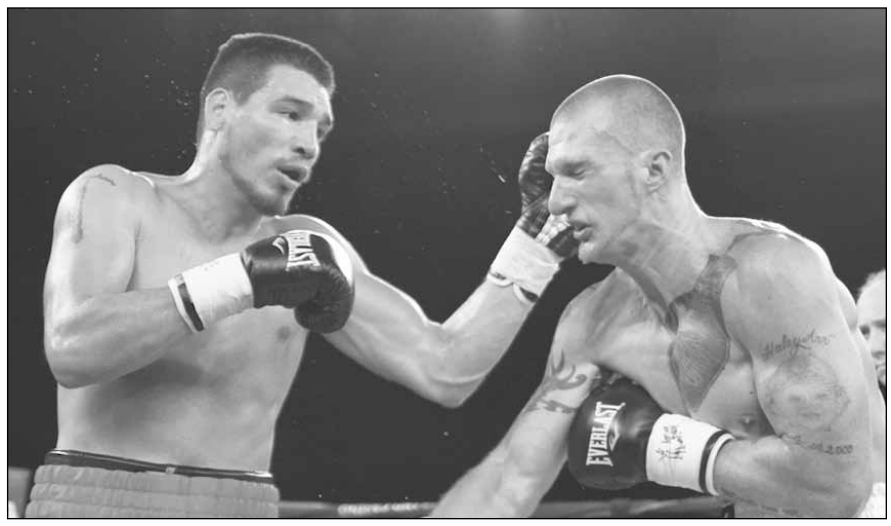

Photo courtesy of Grand Casino Hinckley

Hinckley boxer Tim "Thunder" Taggart faced Wisconsin's Harley Kilfian at Grand Casino Hinckley's Friday Night Fights series in September. Taggart lost to Kilfian in a technical knock-out decision after receiving a cut above his left eye.

By Jim Erickson, Department of Athletic Regulation Executive Director

Local rivalries, underdog wins, world-class talent, and the bright lights of show time were all on display at the latest installment of Friday Night Fights at Grand Casino Hinckley on September 9.

The first matchup of the evening was between Hibbing boxer TJ Gibson and Al Sands of Duluth. Gibson was on the losing end of his last bout in Hinckley in May when he fought former Minnesota Viking Ray Edwards. This time it was a different story as Gibson weathered the storm in the early rounds and took advantage of Sands' fatigue as the fight progressed. Gibson scored two knockdowns and referee Mark Nelson stopped the fight at 1:46 in the fourth and final round, calling Gibson the winner.

In the second matchup, the always entertaining Hector Orozco sought revenge in his rematch with Tony Lee. Lee had defeated Orozco when the Twin Cities fighters faced off in Lee's professional debut. Orozco was the underdog going into the fight against former Golden Gloves World Champion Lee. True to his nickname, the Fighting Chihuahua applied pressure and did not give Lee a chance to display his boxing skills. The final bell sounded with Orozco winning a unanimous decision.

Following Orozco was Hinckley's own Tim "Thunder" Taggart, coming in as a full-fledged light-heavyweight and taking on rugged Harley Kilfian from Menomonie, Wisconsin. Taggart was well on his way to a victory when Kilfian landed a few hard right hands. A Kilfian punch opened an ugly cut above Taggart's left eye, forcing the doctor to stop the fight and resulting in a TKO (technical knock out) win for Kilfian. It was an unfortunate ending to an otherwise spirited and skilled performance by Taggart.

Wrapping up the non-televised portion of the card, exciting Duluth boxer Gary Eyer faced off against slick Minneapolis-based Jeremy McLaurin in an eight-round battle. The taller McLaurin used his height and reach advantage to fend off the come-ahead style of Eyer. Eyer attempted several tactics, including taunting McLaurin, in an effort to derail McLaurin's effective game plan, but McLaurin came away with the unanimous decision.

Nigerian-born Lateef Kayode returned to Grand Casino as the number one ranked cruiser-weight in the world. Trained by Freddie Roach, a former professional boxer, the power-puncher appeared on ShoBox in August 2010. Since then, Kayode has positioned himself for a world championship fight. His opponent, Cora, showed his grit while withstanding Kayode's heavy punches and landing some effective punches of his own. In the end, Kayode was awarded a unanimous 10-round decision in addition to the North American Boxing Association Championship Belt.

The ShoBox main event showcasing Vincent Arroyo and Hector Sanchez was another battle of contrasting styles. The Bronx, New York-born Arroyo brought his quick, hard-punching style into the ring in an effort to counter the smooth, patient style of the former Puerto Rican amateur star, Sanchez. Sanchez had some pop in his punches as well, but in a war of wills, the tenacious Arroyo was determined to make the most of his on-air time. In the end, Arroyo came away with a hard-fought 10-round unanimous decision.

Alaska Lives on in My Memories

By Dave Boyd

This is part two of a story from Dave Boyd talking about his family's journey from Minnesota to Alaska in 1981. Part one appeared in last month's Inaajimowin.

Reaching Alaska

My mother Brenda, sister Dawn, cousin Corwin, and I crossed into Alaska in August 1981. We had another day's drive to reach Anchorage. I thought people there might be living in igloos, but when we got there, it looked like any other city. We called ourselves "greenhorns" because we didn't know much about Alaska.

When we got there, the tarp on the trailer was tight and not flapping. Two weeks and 2,500 miles of tying it down paid off, because it didn't flap like clothes on a clothesline.

It seemed like forever before we found an apartment. When we did find one, we knew the tenant before us had planted and cultivated marijuana, because the place smelled like it, and there was a planter full of soil and seeds there.

I was 17 years old. I enrolled at East High School in what was called the career center. I was interested in the outdoors, so I started in the natural resources program. My instructor was a "hotshot" crew member, meaning he jumped out of planes into the hot areas of fires to clear brush or fight fires.

I got homesick and wanted to go back to Minnesota, so I did. I flew out of Anchorage in October, made a stop in Seattle, and almost lost my ticket. I got back home and soon found out what a mistake it was to come home. But I stayed until February before flying back to Anchorage.

I enrolled in West High School and graduated on crutches in 1983. I had a motorcycle accident and broke my left ankle. I graduated with a class of 336 other Alaskans.

Coming home

After my graduation, we had the inkling to get back home. So we packed everything into the same trailer and car. We left Anchorage at about 4 a.m., just when the sun was making its return over the Chugach Mountains. When we left, we put out our asema to help us.

We ran into a small rainstorm. Our windshield wipers didn't work, so I got out and pounded on the wiper motor. Sure enough they started working. What we didn't know was that there had been a small earthquake. About five miles up the road, some rocks had fallen onto the road. If we hadn't stopped to fix the wipers, we might have run into the rock slide.

We drove straight through, and what had taken 15 days on our way to Alaska took only six days on the return trip. We stopped only for gas, food, and bathroom breaks. We had to stop in the middle of the Yukon Territory to take our bug screen off. When we got out, we were immediately swarmed by mosquitoes. I cut the bug screen off, threw it in the trailer, and scurried back inside.

We stopped for breakfast at one place and for burgers and fries at another place. At the second stop, we were greeted with a flat tire that we had to change. The closer we got to home, the less we wanted to stop.

Coming to the reservation, we saw an eagle sitting in a tree by the shoreline. He watched us drive by like he was expecting us. Our first stop at 6:30 a.m. was to see my grandpa. He was lying on his bed awake, and he said, "I knew you guys were coming."

When we got home, there was the old house with a very hairy lawn. But we worked at it and got it mowed, thanks to some local help. We got everything unpacked and had dinner at home.

We were gone for two years and had the adventure of a lifetime. We learned to live in a big city (more than 200,000) and had many stories to tell. Now when my girls ask me questions about Alaska, I tell them what the weather was like during the summer and how much sunlight we had, and how little sunlight we had in February.

The memories that I brought back have stayed with me for 30 years and will stay with me forever. I went back to Alaska in 1997. Anchorage had changed, but I remembered my way around. I hope that I can visit one more time, maybe next year, as my budget allows.

If you have a chance to visit the Last Frontier, it is a journey that I would gladly recommend.

Band Member Returns Home to Teach Fourth Grade

Band member and Hinckley native Bill Peel is a new fourth-grade teacher at Hinckley Elementary School after serving more than 20 years in the military.

A 1986 graduate of Hinckley-Finlayson High School, Bill enlisted in the U.S. Army when he was a junior in high school. After he graduated, he entered basic training.

In 1990, Bill received a Green to Gold Scholarship from the Army's ROTC program. The scholarship allowed him to receive a bachelor's degree in criminal justice from Minnesota State University Moorhead as well as become a 2nd Lieutenant in the Army.

While Bill was serving in the Army, he and his family moved frequently and spent time overseas. He helped train soldiers and noncommissioned officers and was promoted throughout his career, eventually becoming a Major.

After he retired in 2009, Bill and his family moved back to the Hinckley area to be closer to their extended family. Bill planned to spend his retirement fixing up his house and relaxing.

"After two months, there wasn't anything left to fix on the house, so I decided to start a second career," said Bill.

Bill began working for the Hinckley-Finlayson School District as a substitute teacher and a coach for the girl's basketball and volleyball teams. He also worked as a jailer for the Pine County Jail.

"I immediately realized that I loved working with the students. I decided to go back to school and get a teaching certificate so that I could become a fully licensed teacher," said Bill, who recently completed a 15-month graduate-level program at St. Scholastica in Duluth and received his K-6 Minnesota teaching license.

"I'm excited to start my second career as a teacher and hope to have a positive impact on my students," said Bill. "I'm a firm believer that we need to teach children more than just academics. We also need to teach students valuable life and social skills that will help shape them in the years to come."

Bill has 26 students in his classroom, two of whom are Mille Lacs Band members.

"It's important for school districts to have a diverse teaching staff so that students can realize at an early age that there are many unique cultures in our world," said Bill. "I hope to become someone that all students can reach out to."

Bill plans to pursue a master's degree in education from St. Scholastica next year.

District III to Offer Firearms Safety Class

By Mike Taylor, Department of Natural Resources Conservation Officer

District III is offering a 12-hour firearms safety course that will begin on October 5. The three-day training will be held at Grand Casino Hinckley on October 5-7 from 6-9 p.m.

To register for the course, you must be 12 years old by December 31, 2011. The session costs $7.50, and firearms will be provided. Personal firearms and ammunition are not allowed without instructor consent.

Following training, a firearms exam and qualify shoot will be held on Saturday, October 8, from 9 a.m.-1 p.m. for students who successfully complete the course requirements. Passing the exam is required to obtain a hunting license.

To register or learn more about the course, contact the DNR office at 320-532-7439.

Band Member Forms Washington Nonprofit

Band member Kenny Towle and his wife Rachelle Weiss-Blanchard, who has ties to the Bad River Tribe in Wisconsin, recently founded HOWL, a nonprofit organization located in Port Angeles, Washington. The mission of HOWL, which stands for Helping Others With Life, is to bring volunteers and the community together to make a difference and address community needs.

The nonprofit offers a program called REWARD (Recognizing Everyone With A Real Dialogue), a weekly support group for people with mental health issues. The nonprofit also launched a program called MOON (Meeting Of Ones Nourishment), which provides meals to people in need on the weekends.

Within the next few months the nonprofit will add two more programs: HOPE (Homeless Outreach Program for Everyone) and WOLF (Watching Ones Life Forever). HOPE will help clients locate housing and assist with community resources, and WOLF will be a talking circle group for single parents.

HOWL is self-funded and has teamed up with two local businesses to help raise money. Purchases made at Awesome Costumes (a costume rental store) and Bev's Biz (a gift and variety store) in Port Angeles will help support the nonprofit's programs and services.

Kenny and Rachelle decided to start HOWL after seeing the need among the Native American community in the Port Angeles area. HOWL serves people of all cultures throughout the region.

"Our goal is to get the community as a whole involved by sponsoring community-wide volunteer activities and fundraisers," said Kenny. "Taking a few moments of your day to help those in need can be truly rewarding."

Visit www.thehowlteam.com for more information about HOWL. If you are interested in donating to HOWL, you can mail a check to 230 W 8th St.; Suites A and B; Port Angeles, WA 98362.

Department of Labor Holds Free Driver's Education Class

The department of labor is offering free driver's education classes in the department of labor classroom to adults 18 years old and older who need to take the written portion of the driver's test. The nine-hour course will cover the information needed to pass the written driver's test.

The three-day, three-hour class sessions will be held from 9 a.m.-12 p.m. on November 9, 10 and 11. Another section of the course will be held at the East Lake department of labor modular on December 6, 8 and 13 from 12-3 p.m.

The course is open to those who have never taken the written driver's test or those who are eligible to retake the written driver's test and apply for a driver's license. Class size is limited. After completing the session, the department of labor will provide transportation to the Driver's License Exam Center for participants to take the written exam.

To pre-register and complete an application, visit the Mille Lacs Band department of labor office in District I, II or III. For more information, contact the department of labor at 320-532-4741 or 800-922-4457.

Free Hearing Evaluations

To schedule an appointment for **Friday, October 14**, at Ne-Ia-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

Discounted Telephone Services Available

CenturyLink (formerly Qwest) offers two special assistance programs which provide discounts on initial telephone installation and basic monthly telephone service to low-income tribal members who qualify.

CenturyLink's Link-Up program helps pay up to 50% on the initial cost of installing your home telephone service.

If you already have a home phone, you may still qualify for Lifeline, a service that saves consumers up to $35 per month on basic services.

Individuals living in a CenturyLink service area should call 800-366-8201 or visit www.centurylink.com/lifeline to find out both programs' eligibility requirements.

Tribal Noteboard

Happy October birthday:

Aniyah Dayna-Raye, 1, with love from Mommy, Gramma, Rainz, Matty, Val, Niss, Wayz, Dana, Uncle, Tanya, Anthony, Junior, Prince, Elle Neveah, and the rest of the family • **Evan Potter** on October 3, from Colleen, Mike, Jessica, Nathaniel, Lenore, Tyson, Faith Harmonie, Eva, Jeff, and Jon • **Dad** on October 3, from Susan and Maggie • **Freddie Mitchell** on October 25, from Mom, Dad, Paige, Tiny, Cetiva, Tweety, Sam, Mulan, Tuco, Uncle, Dominic, Mike, Jessica, Nathaniel, Lenore, Tyson, Faith Harmonie, Eva, Jeff, and Jon • **Sonya C**. on October 17, with love from Royce, Luciana, Keira, Carmelena, and Mataeo • **Danielle St. John**, 8 on October 3, with love from Dad, Mom, Cory, Daniel, Grandpa and Mouse • **Clarisse Hicks**, 14 on October 24, with love from Mom, Dad and sisters • **Lucas Best** on October 25, from Brenda, Rome, Mom, Dad, Guy, Mary, Jerome, Brent, Taryn, Junior, Robert, and Nigel • **Eric** on October 25, with love from Mom, Dad, Peyton, Braelyn, Wesley, Brynley, Val, Mariah, Kevin, Papa Brad, Rae, Waylon, Jay, Kate, Peeps, Guy, Randi, Bruce, Jayla, Lili, Gram AA, Karen, Tracy, Shelby, Max, Aidan, Jarvis, Jake, Jamie, Aiva, Mark, Emery, Nicole, Chris, Jameson, Cordell, Chris Jr., Sharon, Wally, Ravin, and Melz Bellz • **Nancy Zeleznik** on October 30, from Mary, Brenda, Rome, Lucas, Jerome, Brent and Taryn • **Roberta Ladd** on October 20, from Mary, Brenda, Rome, Lucas, and Jerome • **Lil Bea Mitchell**, 23 on October 13, from Debbie, Mataeo, Carmelena, Jade, and Grandma Bea • **Joyce Drumbeater** on October 13, from Doreen, Debbie, and the District I ALU staff • **Vivian Bruce** on October 13, from Doreen, Debbie, and the District I ALU staff • **Marsha Sam**, 48 on October 1, from Debbie and Jade • **Jayden James**, 1 on October 10, with love from Heather, Daniel and Thomas Virnig • **Tavian**, 2 on October 21, from Grandma Deb • **Dysen**, 6 on October 18, from Grandma Deb • **Melodie Ra-Quel**, 2 on October 31, from Mom, Dad, Grandma, Papa, Mickey, Phil, Whitney, PJ, Nadine, Blake, Charlotte, Sherry, Shawntel, Gabbi, Val, Mariah, Kevin, Papa Brad, Rae, Waylon, Jay, Kate, Peeps, Guy, Randi, Bruce, Jayla, Lili, Gram AA, Karen, Tracy, Shelby, Max, Aidan, Jarvis, Jake, Jamie, Aiva, Mark, Emery, Nicole, Chris, Jameson, Cordell, Chris Jr., Jeremy, Jada, Keona, Cam, Sam, Erika, Barrett, Jason, Romeo, Brooklyn, Bear, Missy, Brandy, Brittany, Tara, George, Shawn, Tiny Man, Geo, Jasmine, Tammy, Bev, and Isaiah • **Sandy Jones** on October 12, from your kids • **Ashley Hicks** on October 24, from Auntie, Erykah, and Sandy.

Happy October birthday to Mille Lacs Band Elders!

Diana Anderson
Mary Bedausky
Vivian Bruce
Marvin Bruneau
Archie Cash
Albert Churchill Jr.
Steven Churchill
Ervin Crown
James Dowell Jr.
Joycelyn Drumbeater
Jack Dunkley
Byron Garbow
Gary Garbow
John Garbow
Helena Graikowski
Lucy Hansen
Marene Hedstrom
Delores Hegland
William Hemming
Charles Houle Jr.
Doreen Knutson
Joan Littlewolf
Marcella Maurice
Betty Mondeng
Brenda Moose
Aurelius Nickaboine
Bernice Pewaush
Charlie Roach
Dorothy Sam
Fred Sam Jr.
James Schroeder
Merle Skinaway
Beverly Smith
Charlene Smith
Gloria St. John
Montgomery Staples
Jay Star
Darlene Warren
Earl Whitney
Nancy Zeleznik

Congratulations

Grandma Deb would like to welcome her 11th grandchild to the world. **Navarra Finesse Larsen** was born on September 3 to Candy and Scott. She weighed 7 lbs., 14 oz., and was 21 inches long. Navarra is welcomed home by Markiss, Damian, Natchez, Taeren, Phoenix, Kenis, Lacey, Kiana, Jordan, Windy, Heath, and numerous aunts, uncles and cousins.

• • •

I would like to say I am so proud of my granddaughter **Carmelena Mitchell** for the fantastic softball season her team had this year. They came in second. I tried to be a faithful bystander during the games and I was cheering her on every game I attended. Carmel would always say I am going to try and hit that ball. I would tell her to do her best, you are here for fun. I would like to thank Chris Clitso-Nayquonabe and other coaches for doing a great job with the girls. I can't wait until next season. *From Debbie Mitchell.*

Thank you

Thank you to those who sent cards, plants, flowers and condolences during the loss of my brother, **John Pike Jr**. Mii gwech to the Band's DNR for the fish and deer meat. It was awesome to see the number of lives that were touched by John. *From Diane Gibbs.*

In memory

On October 13, 2003, you were called away from the family to go to the happy place. We were left to cherish your memory. I am trying to live up to your expectations and when I feel like giving up your face and words of encouragement come to mind and I keep going forward. I am so glad I made you proud of me and I know you are smiling and watching over the family. You make your presence known to us and it gives us comfort knowing that you are still around. Yes, we miss you and it's hard to let go but the memories always make us laugh and sometime cry for what we have lost. We think of you every day and will always love and respect the awesome dad you were. Love you **James (Tuggo) Mitchell** *from Debbie and the rest of the family.*

Obituaries

DeShawn James Gahbow
Born – 7-22-2011
Died – 8-25-2011
Lived in McGregor, MN

Reginald Jerome Gahbow
Born – 4-29-1941
Died – 8-26-2011
Lived in Onamia, MN

Shirley Ann Munson
Born – 3-20-1948
Died – 9-4-2011
Lived in Toledo, IA

Chelsie Benjamin
Born – 1-16-1991
Died – 9-17-2011
Lived in Onamia, MN

John Pike Jr.
Born – 4-6-1962
Died – 9-20-2011
Lived in Sandstone, MN

Kenneth Weyaus Sr.
Born – 8-25-1941
Died – 9-20-2011
Lived in Onamia, MN

Band Member Chad Germann Honored With National Award

By Toya Stewart Downey

Band member Chad Germann, president and CEO of Red Circle Agency, was named one of the recipients of the 2011 Native American 40 Under 40 award by the National Center for American Indian Enterprise Development.

Chad, along with 39 others, was honored for his accomplishments during the 36th Annual Indian Progress in Business Awards Event (called INPRO) on September 30 at the Seminole Hard Rock Hotel & Casino in Hollywood, Florida.

The award was designed to recognize 40 existing and emerging American Indian leaders under the age of 40 who have proven leadership, dedication and initiative. Their accomplishments have led to significant contributions within their businesses, their communities, and Indian Country.

Chad founded Red Circle Agency in 2001. The company specializes in serving Native-owned casinos and is the marketing agency of record for more than 20 Indian gaming casinos in the United States.

"I'm happy to have the award, but what's important is we're a Native company that's doing good, smart work for Native casinos that makes a difference. That's why I started Red Circle Agency -- to make a difference," Chad said. "First with my own tribe's casinos, and then others. We've worked with over 60 casinos in the 10 years we've been in business. And I'm proud of the work we've done for every single one of them."

INPRO is the oldest and most prestigious Native American recognition event acknowledging accomplishments and contributions made by American Indians and those who support their economic and business development endeavors. Founded in 1969, the National Center for American Indian Enterprise Development is the first national nonprofit 501(c)3 corporation created and directed by American Indians, solely dedicated to developing American Indian economic self-sufficiency through business ownership.

Moccasin Telegraph

Everyone loves my frybread

By Rose Noonday, Mille Lacs Band Elder

The following article appeared in the December 3, 2003, issue of the Mille Lacs Messenger*. It is being reprinted with the* Messenger's *permission.*

Once a month, I cook at the meetings our Band has at our community center. I try to cook different things, but I always make some fry bread every month. If I don't have it, everybody asks where it is.

I was small – about five or six years old – when my mom taught me how to make fry bread. I learned from watching her. And through the years I kept it up. When I went away to boarding school, I kind of lost the ability. But when I would come home, I would relearn. I helped my mother cook because she was sick. Whatever she wanted me to cook, I would fix.

Here's how you make fry bread: get a bowl and put your flour in there and make a sort of dent in the flour. You need baking powder and salt. I put some sugar in mine, and sometimes I use powdered milk. Then you stir in warm water until it gets soft and the dough sticks together. And then you knead it down and fry it. I use vegetable oil to fry. Your flame can't be too high, otherwise you will burn the bread, so there's a little trick to it. But really, it's simple to make.

I was even on TV on KARE 11 once making fry bread. Gaylene Spolarich, a woman who used to work at our community center and now works for the National Society of American Indian Elders, asked me one day if I wanted to go down to the Cities. I asked her what for, and she said I want you to appear with me on TV. I told her no, I can't do that! But then I asked her what we would be doing, and she said I would make fry bread, so I told her I would go.

When we went on TV, I had to write down my recipe. I usually just put in what seems right, so before we went to the Cities, I wrote it down: five cups of flour, four teaspoons of baking powder, one teaspoon of sugar, etc. I use heaping teaspoons. The salt I don't measure, I just put it in.

They gave us just a few minutes of airtime, and they told us to set our stuff out and start making the bread ahead of time. So I made my dough, fried it up, put it out, and covered it up in time for the show. The woman on the show picked up my bread and said it's so nice and brown, and so delicious. The mayor of Minneapolis was there, too. He came over and asked for some bread. All the bread went because everyone wanted to try it, and I told them to help themselves.

Everybody likes my fry bread. My nieces come to cut my grass and I want to pay them, but they won't take any money. So I make them fry bread, and they are happy.

I used to do crafts, too, but now my fingers are getting old so I can only knead fry bread dough. I have arthritis, but I don't let that bother me. I still try to do stuff. I work an hour each day at our community center answering phones, and I cook for the community meetings. I'd rather be busy than sitting around.

Fall Ceremonial Dance Schedule

Merlin & Mick	Mille Lacs	September 30 & October 1
Ralph & Andy	Mille Lacs	October 7 & 8
Lynda & Joyce	Mille Lacs	October 14 & 15
Dave & Skip	Lake Lena	October 21 & 22
Lee & Larry	Lake Lena	October 28 & 29
Elmer	Mille Lacs	November 4 & 5
Vince & Dale	East Lake	November 11 & 12
Joe	Mille Lacs	November 18 & 19
Niib & Mushkoub	East Lake	November 18 & 19
Melvin & Perry	Mille Lacs	December 2 & 3

Upcoming Mille Lacs Indian Museum Events

Kids crafts workshop

Children can learn how to weave a God's Eye to take home. This project is recommended for children eight years or older.

The workshop costs $4 per kit and will be held on Saturday, October 8, from 11 a.m.-3 p.m.

Beaded medallion workshop

Learn beading techniques to create a beaded medallion in this two-day workshop. Beaded medallions are common accessories in the Ojibwe culture. This class will be held on Saturday, October 22, from noon-4 p.m. and Sunday, October 23, from 10 a.m.-2 p.m.

The workshop costs $60 for the general public or $55 for Minnesota Historical Society members and Mille Lacs Band members, plus an additional $15 supply fee.

A light lunch and refreshments will be provided. A minimum of five participants is required to host the workshop. Registration is required by October 19. Please call 320-532-3632 for more information.

Band Member Receives Award For Illustrating Children's Book

Band member Wesley Ballinger (Niiyo-giizhig) recently received Minnesota's Best Read for 2011 for a children's book he illustrated titled *Awesiinyensag: Dibaajimowinan Jigikinoo'amaageng*, which translates to *Little Animals: Stories for Teaching*.

The Ojibwe-versed book was recognized with the prestigious award by the Center for the Book in the Library of Congress. The book represented all of Minnesota's publications at this year's National Book Festival on September 24-25 in Washington, D.C.

Awesiinyensag explores issues such as bullying, divorce, teamwork, and other topics that are familiar to children across all cultures through antics of animals who playfully deal with the situations in the stories.

Recipe of the Month

Blueberry wild rice muffin

Ingredients

- 1 cup cooked wild rice
- 2 eggs, lightly beaten
- 5 tbsp. oil
- 1 cup milk
- 1 1/4 cup flour
- 1 tbsp. baking powder
- 1/2 tsp. salt, optional
- 3 tbsp. sugar
- 1 cup blueberries

Directions

1. Sift dry ingredients together.
2. Stir eggs, oil and milk together, add wild rice.
3. Add liquid mixture into the dry mixture; stir well.
4. Carefully add the berries.
5. Spoon into lightly greased muffin cups.
6. Bake at 425 degrees for 15-18 minutes.
7. Make 18 muffins.

Calendar of Events

October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Purchase Tickets* **Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com	*If you would like an event included in the community calendar,* **please contact Kelly Sam at 651-292-8062** *or write to Kelly at* **kelly@goffpublic.com**		**Narcotics Anonymous** District I Community Center 6-7 p.m. Every Wednesday			1
2	3	4 **Onamia Indian Education Meeting** Rolf Olson Center Noon Contact: David Sam, 320-532-4901	5 **Firearms Safety Training** Grand Casino Hinckley (See page 7 for more information)	6 **Talking Circles** District I Community Center 5:30 p.m. Contact: KC Paulsen 320-532-4046	7 **Dierks Bentley*** Grand Casino Hinckley 8 p.m.	8 **Kids Crafts** Mille Lacs Indian Museum 11 a.m.-3 p.m.
9	10 **All tribal government offices closed for American Indian Day** **Pine Grove Leadership Academy Meeting** 5 p.m. Contact: Melanie Benjamin 320-384-7598 **AMVETS Meeting** Grand Casino Mille Lacs 6 p.m.	11	12 **District I Community Meeting** District I Community Center 5:30 p.m. Contact: Judith Ballinger 320-532-7423	13 **March for Family Peace** Government Center invocation starts at 4 p.m.	14	15
16	17	18 **District II Leadership Academy School Board Meeting** 4 p.m. Contact: Raina Killspotted 218-768-2345	19	20 **All-District Elder Meeting** Hinckley Assisted Living Unit 11 a.m. Contact: Denise Sargent, 320-532-7854	21	22 **Beaded Medallion Workshop** Mille Lacs Indian Museum noon-4 p.m.
23 **Beaded Medallion Workshop** Mille Lacs Indian Museum 10 a.m.-2 p.m.	24	25	26 **District IIA Community Meeting** Chiminising Community Center 5:30 p.m. Contact: Lesley Sam 320-676-1102	27 **Urban Area Community Meeting** All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson 612-872-1424 **District II Community Meeting** East Lake Community Center 5:30 p.m. Contact: Jenny Waugh 218-768-3311	28	29
30	31	Nov. 1	2	3	4	5 **Clay Walker*** Grand Casino Mille Lacs 6 p.m.

What Are Your Academic Goals For This School Year?

Amber Taylor

"My goal for school this year is to have a better attitude."

Music Anoka

"My goal is to get As, have fun, and learn something new every day."

Jessica Stewart

"My goals are to get good grades, manage my time better, and do well in my classes."

Camille Smith

"My goal is to re-enroll in college. I took a break while I was serving as the interim director of the higher education program."

Tara Benjamin

"My goals are to raise my grade point average, keep taking classes while juggling motherhood, and determine my major."

Marty Jennings

"I would like to know more about geography."

Dallas Jennings

"I want to learn how to write the letters."

Brittany Stewart

"My academic goals for this year are to move my grade point average from a 3.2 to a 3.5 or higher, and to increase my credit load so I can graduate from college sooner."

Photos by Toya Stewart Downey

Nay Ah Shing School Students Learn About Ricing

Photo courtesy of Erik Parsons

Nay Ah Shing students parch wild rice. Band member Erik Parsons taught the students the history of ricing and ricing techniques. He also showed them how to knock and gather rice on Lake Onamia.

Photo courtesy of Erik Parsons

Nah Ah Shing students winnow wild rice as a part of a wild rice tutorial led by Band member Erik Parsons. School instructors Bonita Nayquonabe and Cheryl Minnema helped with the event.

Boys & Girls Club Activities

Members of the District III Boys & Girls Club held a dance-off at the Lake Lena Community Center on August 24. Thank you to all the parents and community members who attended and supported the kids. Great job to all the contestants who participated. It takes a lot of courage to perform. A special thank you to Bridget Brockamp, Boys & Girls Club social development specialist, for planning and organizing the event and to the rest of the Aazhoomog Boys & Girls Club team.

Photo courtesy of Weylin Davis

Cyliss LaFave took first place in the competition for ages 5-8.

Photo courtesy of Weylin Davis

Reggie Knowlen performed during the dance-off competition in District III.

The Newspaper of the Mille Lacs Band

Ojibwe Inaajimowin

November 2011 *"The story as it's told."* Volume 13 • Number 11

Community Marches For Peace

Photo courtesy of Dana Skinaway Sam

Band members joined forces at the March for Family Peace in October. The 11th annual march was hosted by the Band's Family Violence Prevention Program as a part of Domestic Violence Month.

Approximately 200 people joined forces on October 13 to make a stand for peace. The March for Family Peace has been hosted annually by the Band's Family Violence Prevention Program since 2000. The March for Family Peace takes place in October as a part of Domestic Violence Awareness Month.

"We organize the march each year to bring the community together to support ending domestic violence," said Dana Skinaway Sam, sexual assault advocate for the Family Violence Prevention Program. "Hopefully by raising awareness of the issue, we can put an end to domestic violence in our community."

The Band has been providing assistance and resources to victims of domestic violence through various programs since 1992.

Domestic violence facts

Domestic violence is a pattern of coercive behaviors used by one person to control another person. It is not about anger or a bad temper, it is about power and control over another person.

These behaviors may include:

- Physical or sexual violence
- Threats and intimidation
- Emotional abuse
- Social isolation
- Destruction of property
- Cruelty to pets
- Child abuse
- Financial control

Abuse is serious, terrifying, and sometimes deadly. It destroys families and damages everyone involved.

If you or someone you know is a victim of domestic violence, call 866-867-4006.

Band Member Receives Civil Service Award

Photo courtesy of Paul Sam

Band member Paul Sam received a Civil Service Award from the Minneapolis Fire Department in October.

Mille Lacs Band member and Minneapolis firefighter Paul Sam received a Civil Service Award in October from the Minneapolis Fire Department for his heroic efforts in saving two motorcyclists' lives in July.

The accident, which happened in Elk River, involved a two-passenger motorcycle and a passenger vehicle. Paul, who was off duty, happened to be driving in the area at the time of the collision and was the first person on the scene.

While other police and fire units were on their way to the scene, Paul tended to the two victims who were critically injured from the accident. In a matter of minutes, Paul performed patient assessments and assisted with airways, vitals and suction to restore the victims' pulse and breathing as well as control their bleeding.

"In spite of the chaos which can result from this sort of event, Sam remained calm, presented a strong command presence, and in general, provided constant care the entire time he was there," said Elk River Chief of Police Jeffrey Beahen. "I am confident that his actions were critical in saving the lives of both these two victims. He is commended for his prompt call to action and thanked for the exemplary skills used to assist these two critical patients."

Do You Know Any Hardworking Volunteers?

Do you know an outstanding Band member who gives time to the community or a special cause and expects nothing in return? The Mille Lacs Band is looking for strong examples of volunteerism as part of a future project.

If you have a story to share, please contact Kelly Sam, *Inaajimowin* editor, at 651-292-8062 or Kelly@goffpublic.com. Be prepared to provide your name, the name of the person you recommend, an explanation of what that person did and when it happened, and who to contact for more information. Mii gwech!

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Nay Ah Shing Early Education School Events

Monthly powwow

Photo courtesy of Tiffany Sam

The first monthly powwow was held at the Nay Ah Shing Lower School on September 22. The gwiiwizens (boy) students were encouraged to try their hand at drumming.

Grandparents day

Photo courtesy of Cindy Cooley

Classrooms 3 and 4 had a grandparents party to celebrate Grandparents Day. Grandparents do so much for the children in this community. We had the children sing a song to the grandparents, and then we played shape bingo, gave away homemade prizes to the winners, and we had some snacks. Pictured are Russ and Deb Shabaiash, grandparents to Evelyn Weyaus.

Read For the Record

Photo courtesy of Tiffany Sam

Nay Ah Shing Early Education took part in the Read For the Record Event on Thursday, October 6. Each Early Education facility participated in this national event joining more than two million voices nationwide by reading Llama Llama Red Pajama aloud to their classes. In this photo, Classroom C teacher Amy Maske reads aloud to her class.

Gaming Expansion Could Fund Vikings Stadium

By Jamie Edwards, director of government affairs

As legislators gear up for the 2012 session, gaming expansion has emerged again as a hot topic at the Capitol.

Governor Mark Dayton announced his intention to develop a plan for a new Vikings stadium in mid-October. He met with legislators, Vikings owners, NFL officials, and Ramsey County Commissioners to discuss details of the $1.1 billion plan and how the state will pay for its $300 million share.

Gaming expansion has been introduced as a possible way to fund the stadium. Recently Dayton met with a developer who wants to build a casino at Block E in Minneapolis and racino advocates who want to allow slot machines at horse tracks.

Dayton is expected to release his plan the week of November 7 and hopes to hold a special session before Thanksgiving.

The Mille Lacs Band is watching this process closely because any kind of gaming expansion would have a drastic effect on the Band, Grand Casino Mille Lacs, Grand Casino Hinckley, and many of the people and businesses that work with us.

The Mille Lacs Band is the 40th largest employer in Minnesota, and American Indian tribes combined are the 7th largest employer in the state. Gaming expansion in the Twin Cities would kill jobs in rural communities, which would be difficult – if not impossible – to replace.

Get involved

To show your support for Grand Casinos and Indian gaming, sign up for the Mille Lacs Band Action Center at www.millelacsband.com. After you sign up, you will receive important updates about gaming expansion discussions and may be asked to voice your opinions to state legislators at key times.

Boys & Girls Club Recognizes Two Members of the Month

Photo courtesy of Justin Beaulieu

Photo courtesy of Justin Beaulieu

Band members RaeAna Sam-Nickaboine and Darius Barnes were named Boys & Girls Club co-members of the month in October. RaeAna is a first-grader at Nay Ah Shing School and Darius is an eighth-grader at Onamia School.

The Mille Lacs Band Boys & Girls Club honored RaeAna Sam-Nickaboine and Darius Barnes as the club's October members of the month.

To be chosen for this honor, participants must consistently have a positive attitude and willingness to learn and try new things. Additionally, club members must show certain characteristics of leadership and attributes of a good role model.

RaeAna was selected for her good attendance and participation, polite manners, positive temperament, and hard work during power hour. "I like the food, and I like the staff here. They are all very nice, and they help me with my homework," RaeAna said.

Darius was chosen for his leadership skills, good behavior, strong attendance, and participation in the National Congress of American Indians (NCAI) in addition to club activities. "What I like about the Boys & Girls Club is that Joe Montano teaches us culture, as in drum and dance," Darius said.

Congratulations, RaeAna and Darius!

Winter Per Capita Check Distribution

Checks will be distributed to all eligible Mille Lacs Band members on December 1 at each Band member's home district. This distribution will include monthly, bi-monthly and tri-annual Band members only. Reminder: checks will be given only to the person whose name is listed on the check.

Pick-up locations

Elders, handicapped and homebound persons living in District I, II, IIA, III and the Twin Cities urban area can pick up their per capita checks on December 1. The distribution sites include the District I Assisted Living Unit, the East Lake Community Center, the Isle Chiminising Community Center, the Lake Lena Community Center, and the Urban Office. Hours are 8 a.m.-4:30 p.m.

If you are an Elder or handicapped person, live in Districts I, II, IIA, III, or the Twin Cities, and are unable to travel to your distribution site, please call the contact person below to make arrangements for your check to be delivered to you on December 1.

- District I: Kathy Heyer, 320-532-7472 or Jana Sam, 320-532-7466
- District II: Renee Moore, 218-768-3311 or 877-768-3311
- District IIA: Carmen Green, 320-676-1102 or 877-676-1299
- District III: Michelle Peer, 320-384-6240 or 877-884-6240
- Urban Office: Barb Benjamin-Robertson, 612-872-1424

Your check pick-up site will be at the following centers, depending on where you live:

Mille Lacs Government Center:

For Band members living in Aitkin, Brainerd, Garrison, Hillman, Milaca, Onamia, Pierz and Wahkon.

East Lake Community Center:

For Band members living in McGregor.

Isle Chiminising Community Center:

For Band members living in Isle.

Lake Lena Community Center:

For Band members living in Askov, Braham, Brook Park, Danbury, Finlayson, Grasston, Hayward, Hertel, Hinckley, Markville, Moose Lake, Mora, Pine City, Rush City, Rutledge, Sandstone, Siren, Sturgeon Lake, Webb Lake, Webster, and Willow River.

Urban Office:

For Band members living in Andover, Anoka, Apply Valley, Arlington, Blaine, Bloomington, Brooklyn Center, Brooklyn Park, Burnsville, Champlin, Columbia Heights, Coon Rapids, Crystal, Eagan, Eden Prairie, Edina, Fridley, Golden Valley, Ham Lake, Hilltop, Hopkins, Inver Grove Heights, Lakeville, Lauderdale, Little Canada, Maple Grove, Maplewood, Minneapolis, Minnetonka, Mounds View, Newport, New Brighton, New Hope, Oakdale, Plymouth, Ramsey, Richfield, Robbinsdale, Roseville, Savage, Spring Lake Park, St. Anthony, South St. Paul, St. Louis Park, St. Paul, Wayzata, and Woodbury.

For all Band members who do not live in the towns/cities listed above, per capita checks will be at the Mille Lacs Government Center unless you make arrangements for pickup at one of the other districts. To make arrangements, call the contact people listed earlier under "Pick-up locations."

Deadline for changing your pick-up site is at noon on November 23. Any changes after this time will not be valid. Call Kathy Heyer at 320-532-7472 or Jana Sam at 320-532-7466 to verify your change. There will be no exceptions.

Checks by certified mail

Those who can't pick up their checks on December 1 will have their checks sent out by certified mail on December 2 to the address listed with the Tribal Enrollments Office. If you do not receive your check by December 21, contact Kathy Heyer at 320-532-7472 or Jana Sam at 320-532-7466.

Address and name changes

If your address or name has changed since the last per capita, it is very important that you send in your information to the Enrollments Office. The deadline for address and name changes is noon on November 23. There will be no exceptions.

All returned checks will be held at the government center and will not be sent out again until the Enrollments Office has received your updated address or name information.

Other important information

- You must show a picture identification to receive your per capita check.
- Per capita checks will only be given to the enrolled Band member to whom the check is issued. There will be no exceptions.
- Per capita checks will be used to pay delinquent Band loans, discretionary loans, emergency services loans or Mille Lacs Band Court of Central Jurisdiction fines if they have not been paid. For loan status, call Pam Boyd at 320-532-7467. For court fines status, call Gilda Burr at 320-532-7401. For emergency services status, call Sharon James at 320-532-2552
- Per capita checks are taxable; therefore, all Band members who receive a per capita check should report it as income in the year received. You will receive a 1099-MISC form to remind you of how much income you should report on your tax return. Per capita checks should be reported as other income on a Form 1040 as other income is not subject to self employment tax. All future 2011 per capita checks will have federal income tax withheld as the amount of the per capita checks now exceeds the IRS required withholding limits for 2011.
- If you are receiving public assistance from the county, please contact your caseworker because the per capita may affect the amount you receive. If, based on discussions with your caseworker, you wish to decline receipt of your per capita check(s), please contact Kathy Heyer in the OMB Office at 320-532-7472 to get a per capita declination form.

Diabetes Program Updates For November

By diabetes program staff members

November is Diabetes Awareness Month and the Mille Lacs Band diabetes program would like to highlight its newest team members and upcoming events.

The diabetes program recently welcomed four new staff members to its team. Naomi Jourdain was hired as the community diabetes representative; Melanie Garbow was appointed as the nutrition education assistant; Johanna Larson joined as the new program coordinator and dietitian; and Mikayla Schaaf filled the SHIP coordinator post.

In November, the diabetes support groups will resume in each district on the following dates at 1 p.m.:

- Isle Community Center: Wednesday, November 2
- Hinckley Assisted Living Units: Thursday, November 10
- East Lake Community Center: Monday, November 14
- District I Community Center: Tuesday, November 29

Community Diabetes Representative Naomi Jourdain will be at each support group session, which will feature a healthy lunch for attendees.

The healthy heart program is offering a taste-testing class led by Cyndy Travers on Tuesday, November 29, at noon in the District I Community Center. The class is open to the public and will feature samplings of many different foods.

If you are looking to stay fit through the holiday season, Bobby Anderson, fitness assistant in District III, is now leading exercise sessions in East Lake on Thursdays between 4-8 p.m. For more information on his schedule and activities, contact Bobby at 763-260-3038.

Tribal Child Support Program Offers Cost-Effective Features

By Amy Doyle, Tribal Child Support Program director

The Tribal Child Support Program offers several cost-effective and flexible features for Band members, which aren't available through the county program.

The tribal program does not collect application, federal or income withholding fees. It also makes the child support process efficient by offering affordable onsite paternity tests, court availability within weeks of filing petitions, and court hearings in districts and by teleconference.

Additionally, the tribal program considers per capita payments as income which can be used for child support payments, and will not hold a driver's license for non-payment of child support. The tribal program also recognizes in-kind payments and can help negotiate with the state to lower or eliminate public assistance debt.

For more information about the tribal program, contact the Tribal Child Support Enforcement Program at 320-532-7755.

Department of Labor Announcements

By Deb Campbell, department of labor lead instructor

The Mille Lacs Band Department of Labor, Training and Development Program would like to remind Band members about the services it offers and when they are available in each district.

The department of labor can provide resume and cover letter writing assistance as well as online job search help to Band members who are looking for employment. For more information about the services listed above, contact the department of labor at 320-532-4741 or 800-922-4457. Following are the department's weekly classroom hours in each district:

- District I department of labor classroom: Mondays, Thursdays and Fridays from 9 a.m.-5 p.m., Tuesdays from 1-5 p.m., and Wednesdays from 9 a.m.-8 p.m.
- District II East Lake modular: Thursdays from 10 a.m.-3 p.m.
- District IIa Chiminising Center: Tuesdays from 1-4:30 p.m.
- District III Lake Lena Community Center: Wednesdays from 10 a.m.-3 p.m.

Free driver's education classes

The department of labor also offers adult driver's education classes, specialized training courses, and GED preparation classes.

In November and December, the department of labor is offering two sessions of free driver's education classes to adults 18 years old and older who need to take the written portion of the driver's test.

In November, the course will be held in the department of labor classroom in District I on November 9, 10, and 14 from 9 a.m.-noon. In December, the course will be held in East Lake's department of labor modular on December 6, 8, and 13 from noon-3 p.m.

The nine-hour course will cover the information needed to pass the written driver's test. The course is open to those who have never taken the written driver's test or those who are eligible to retake the written driver's test and apply for a driver's license. Class size is limited, and participants must meet program eligibility.

After completing the three-day, nine-hour course, the department of labor will provide transportation to the Driver's License Exam Center in your area to take the written exam. To pre-register and complete an application, visit the department of labor offices.

Dr. Arne Vainio Shares Health Risks Associated with Smoking

Dr. Arne Vainio, a Mille Lacs Band member who works on the Fond du Lac Reservation, is sharing his personal experiences in a series of articles in News From Indian Country.

Seattle was a great place to do my residency. I spent three years at the Seattle Indian Health Board and Providence Hospital and have many stories from there.

This is one of them.

Harold hardly ever came in to the clinic. I usually saw him when he was in the hospital for pneumonia. I had repeatedly tried to get him to quit smoking, but he never wanted to go to the classes or take the medicines. In the three years I'd been at the clinic, I had admitted Harold five or six times to the hospital for pneumonia (a bacterial infection in the lungs). His pneumonia was complicated by his smoking and resultant emphysema. Emphysema is a breakdown of the air sacs in the lungs, making it hard to get oxygen. It's a chronic condition with no cure. It's almost always caused by smoking, and preventing it is the only real solution.

In addition to this, he had lymphoma, which is a cancer of his lymph nodes (part of the immune system), about 10 years earlier. This had been treated with chemotherapy, but he never went back to make sure it was cured. But every time he got pneumonia, he became very worried about his lymphoma coming back. According to the pulmonologist (lung specialist) I referred him to, continuing to smoke put him at an extremely high risk of getting lung cancer.

About six months before I finished my residency, he was in the hospital again for pneumonia. This time his chest x-ray showed a worrisome area in his left lung. A CT scan showed this to likely be cancerous. A biopsy (tissue sample) was taken, and this was positive for lung cancer.

He started chemotherapy, but became very sick from it and was unable to finish. Subsequently, he was started on radiation treatment. Multiple treatments of radiation were targeted to the area of cancer. This caused scarring of his esophagus (swallowing tube) and he had a very hard time swallowing. He kept losing weight, but he continued to smoke.

I didn't see him again for several months as he refused to come in for clinic visits, although he did see the cancer specialists off and on. He was admitted to the hospital again, this time for back pain. X-rays showed that his cancer had spread to his spine, and a bone scan showed it spread to scattered areas of his spine and pelvis. His cancer was widely metastatic (spreading) and he went home with hospice care to spend his last days.

Lung cancer is the leading cause of cancer death in both men and women in the U.S. There are 175,000 new cases per year in the U.S. There are two major types – small cell and non-small cell lung cancer. About 80% of new cases are non-small cell and 50% are metastatic (spreading) by the time of diagnosis. This is the most common cancer worldwide – age 50 to 70 is the most common age, and smoking is involved in 87% of cases.

According to the American Indian Community Tobacco Project (www.AICTP.umn.edu), three out of every five American Indian adults smoke, and nearly two out of every five American Indian deaths are due to cigarette smoking and breathing secondhand smoke. Teens whose family members smoke are three times more likely to smoke themselves.

Question: So what do we do about this?

Answer: Prevention!

Anyone seeing a pattern here? We need to keep our kids from smoking, and we need to continue to get current smokers to quit. This is a very difficult problem as nicotine changes receptors in the brain so they only work when nicotine is present. This is why smokers need to have their "fix" and why people can get so crabby when they try to quit. Using patches and gum help by giving a decreasing dose of nicotine over time. There are medicines to help with cravings – there is a new medicine out that blocks the nicotine receptors in the brain. Hypnosis and acupuncture are also helpful (with no side effects). All of these should be in combination with counseling. Quitting with a partner also helps.

To view Arne's entire article, visit www.indiancountrynews.com and click on the food and health section.

Save The Date: 2012 State of The Band Address

All Band members are invited to the 28th Annual Mille Lacs Band of Ojibwe State of the Band Address on Tuesday, January 10, 2012. The event will be held at Grand Casino Mille Lacs Events & Convention Center and starts at 10 a.m.

Mille Lacs Tribal College Spring Registration Dates

Registration for spring semester courses at the Mille Lacs Tribal College will be held rom 11 a.m.-5 p.m. on Wednesday, December 14, and Tuesday, January 3, at the tribal college.

For more information about registration, contact the Mille Lacs Tribal College at 320-495-3702 or 866-916-5282.

Also, the college's computer lab is open six days a week for students to complete assignments. The lab's hours are Mondays and Thursdays from 11 a.m.-8 p.m., Tuesdays from noon-9 p.m., Wednesdays from 9 a.m.-noon, Fridays from 9 a.m.-5 p.m., and Sundays from 11 a.m.-8 p.m.

Public Health Department Updates

Gego Zagaswaaken (Don't Smoke) program announcements

By Carol Hernandez, Gego Zagaswaaken outreach coordinator

The 36th annual "Great American Smoke-Out" day is on Thursday, November 17. All Band members who are smokers are encouraged to stop smoking on that day. If you are interested in quitting smoking, contact Roberta Ladd at 320-532-7812 for cessation information.

In November, a community tobacco education session will be held in District I on Thursday, November 17. Light refreshments and door prizes will be offered. Look for more information and dates for upcoming sessions to be posted on flyers in the community.

Additionally, the Gego Zagaswaaken program is working on a new kinnikinnick project that will be featured at future community education sessions for all districts and the urban area. The project will include a hands-on demonstration on how to make kinnikinnick from red willow.

Lastly, congratulations to everyone who has quit smoking this month. Hang in there, it does get easier!

Friend-to-Friend parties promote American Indian health

By Roberta Ladd, community health educator

Photo courtesy of Roberta Ladd

In September, the public health department hosted Friend-to-Friend parties in each district to raise awareness for American Indian health.

Staff from the public health department shared information about health risks faced by American Indians and what kinds of resources they can use to stay healthy.

Cancer was a topic that generated a lot of discussion as American Indians have higher risks for developing certain types of cancer. Specifically, American Indians in Minnesota have the highest rate of colorectal cancer. American Indian women who drink between two and five alcoholic beverages per day are one and a half times more likely to develop breast cancer, and those who smoke commercial tobacco are two times more likely to get cervical cancer.

At the events, attendees received information about how to maintain a healthy diet and the environmental factors that can compromise health. Prevention tactics such as regular immunizations and screenings were also discussed.

Educating your children about drugs and alcohol

By Kristy LeBlanc, prevention specialist manager

The Mille Lacs Band prevention program encourages parents to talk with their children about the dangers of drinking and drug use. Statistics show that children who learn about the risk of drugs at home are up to 50% less likely to use drugs than those who are not taught about the dangers. Those who begin drinking at a later age are less likely to develop a substance abuse disorder than those who begin before age 21.

Additionally, children who have alcohol-dependent parents are 50% more likely to develop their own substance abuse problems. Furthermore, people who abuse drugs are 14 times more likely to commit suicide, and those who misuse alcohol and receive treatment are still 10 times more likely to commit suicide.

These statistics are alarming, and as educators, parents, caregivers, and community members, we need to take action for our youth. Currently, only one-third of parents discuss the risks of abusing prescription medications with their children. Talk with your children and encourage prevention; it is the best treatment.

How to stay healthy during cold and flu season

By Mary Mercado, District I and II RN

The most common time of year to catch a cold or the flu is between October and May. As we transition into fall and winter, it is important to be aware of symptoms, remedies, and ways to fight each virus.

The most common time to catch an illness is when our immune systems are most vulnerable. Our immune systems defend against bacteria that can cause diseases and viruses. However, lack of sleep, poor diet, immobility, and stress can weaken immune systems, making people susceptible to more than 200 viruses that can cause a cold or the flu. Maintaining a healthy diet and using antibacterial cleansers and sanitizers in areas that are frequently occupied with people are two to ways boost our immune systems this winter.

Another option is to get a flu shot. Flu shots are recommended for people 50 years or older, those who live in nursing homes, and adults with chronic heart or lung conditions. Vaccinations are available at the Aazhoomog and Ne-Ia-Shing clinics. Before scheduling a vaccination, ask your physician if the flu vaccine is right for you.

Sometimes catching a cold or flu is unavoidable. Antiviral medications such as Relenza or Tamiflu are helpful if prescribed shortly after flu symptoms start.

If medication isn't easily accessible or preferred, other cold remedies can ease the symptoms. It is important to drink plenty of fluids to replace those that are lost every time you sneeze or blow your nose. Drinking warm liquids will transfer heat and moisture into the esophagus, which can help loosen up mucus and make it easier to cough and clear the throat.

It is also important to limit caffeine and alcohol intake during a cold. Both can prevent the healthy hydration that is necessary to recover.

Additionally, using a vaporizer, humidifier, or saline spray can provide comfort for your sinuses, which are sensitive to dry air. These home remedies can help alleviate some of the common cold symptoms, but they won't cure the virus.

This cold and flu season, contact your physician or the public health department if you have health concerns.

Winter Heating Assistance Available

By Sharon James, Emergency Services Office

It won't be long before winter arrives. The Band's Emergency Services Office provides heating assistance for qualified Band members who need help keeping their families warm. Two programs are available: the Energy Assistance Program and the Weatherization Assistance Program.

The Energy Assistance Program (EAP) is a federally funded program that helps people earning less than 50% of the state median income obtain grant money to help pay their heating bills (and is paid directly to your utility vendor). The Band's Emergency Services Office is a service provider for EAP for households in Mille Lacs, Crow Wing, Aitkin, Pine, Kanabec, and Morrison counties. The Emergency Services Office will provide the contact information to Band members who live outside of the service area.

If you have received an EAP application, review it for accuracy. Make any corrections necessary, sign and date the application, and return it to our office.

The Weatherization Assistance Program provides cost-effective conservation measures to decrease energy costs for households (homeowners and renters) who meet the income guidelines for EAP.

For more information about each program or to fill out an application, visit the Mille Lacs Band's website (www.millelacsband.com), the Minnesota Department of Commerce's website (www.energy.mn.gov), or contact the Emergency Services Office at 320-532-7880.

Cold weather rule

Minnesota's cold weather rule, which runs from October 15 through April 15, protects residential utility customers from having their heat shut off during the cold winter months. However, the cold weather rule is not automatic – you must take steps before it applies to you.

First, contact your utility company to set up a cold weather rule payment plan. If you earn less than 50% of the state median income, you are not required to pay more than 10% of your household monthly income toward heating.

If you earn more than 50% of the state median income, you can establish a mutually agreeable payment plan with the utility company. If you and the utility company cannot agree on a payment plan, you have 10 days to appeal to the Public Utilities Commission to help you establish a payment plan. Your service will stay on during this appeal process.

Once you have determined a payment plan, you need to stick to the plan to maintain the cold weather rule. If you are unable to make your scheduled payment, call your utility company immediately to set up a new payment plan, preferably before the payment is due. If you don't make a payment, your service may be shut off.

Office hours

The Emergency Services Office has extended its hours on Monday, November 7, until 7 p.m. Emergency Assistance Program Staff will also be available at district community centers from 10 a.m.-2 p.m. on the following dates:

- East Lake: November 16, December 14, and January 18
- Isle: November 17, December 15, and January 19
- Lake Lena: November 23, December 21, and January 25

For more information on staying warm this winter, contact the Emergency Services Office at 320-532-7880, the Minnesota Energy Information Center at 800-657-3710, or visit www.staywarm.mn.gov.

Heating, Water, and Home-Related Maintenance Problems

If you live in a Mille Lacs Band Housing-maintained home, call for housing maintenance service in your district. During regular business hours, please call our customer service representative at 800-709-6445, ext. 7799. If you live in a home not maintained by the Mille Lacs Band and need assistance after hours with utilities or heating, please call 866-822-8538. Press 1, 2 or 3 for your respective district.

Student Video Receives International Exposure

In the award-winning video, "Non Removable," several band youth share their personal stories and how they are committed to help heal the community's pain caused by substance abuse.

The award-winning video "Non Removable," created by Nay Ah Shing students, was accepted into the 5th annual Native Spirit Festival in London, England.

The native-run festival, which took place October 12-21, is a non-commercial, non-competitive event designed to promote the voices and cultures of indigenous people through films and performances. "Non Removable" was shown at the University of London's SOAS Lucas Lecture Theatre on October 16.

"Non-Removable" addresses drug and alcohol abuse as one of the most severe problems affecting families living on the Mille Lacs Reservation. In the film, several Band youth share their personal stories and how they are committed to help heal the community's pain caused by substance abuse. The film can be viewed on the Native C.H.A.T. YouTube channel.

Band Members Participate in Minnesota Vikings Cheerleader Program

Photo courtesy of Deanna Moose

Band members Benaysay Moose and Bianca Moose are part of the Minnesota Vikings Cheerleading Program and had the chance to dance with the cheerleaders at the Viking's game in October. This is Benaysay's third year and Bianca's ninth year. Benaysay also tried out and made the competition sparkle squad for the vikings all star cheer team and both girls cheer competitive for Planet Spirit All Stars.

Connect with the Mille Lacs Band

The Mille Lacs Band started Facebook, Twitter, and LinkedIn pages to help communicate with you better.

- Facebook: Mille Lacs Band of Ojibwe

"Like" us on Facebook by going to http://www.facebook.com/pages/Mille-Lacs-Band-of-Ojibwe/146734525376084 and clicking "like."

- Twitter: millelacsband

Follow us on Twitter by going to www.twitter.com/millelacsband and clicking "follow."

- LinkedIn: Mille Lacs Band of Ojibwe

Connect with us on LinkedIn by going to www.linkedin.com/company/mille-lacs-band-of-ojibwe and clicking "follow company."

District III Holds Pumpkin Carving Contest

Photo courtesy of Katie Draper

More than 100 people attended the District III pumpkin carving contest on October 19. Twenty youth and 15 adults entered the contest. The winners are listed below.

Youth winners (pictured above)

- 1st place: Reuben Staples-Gibbs
- 2nd place: Marcel Richey
- 3rd place: Eric Staples

Adult winners

- 1st place: Katie Draper
- 2nd place: Kevin DeFoe Jr.
- 3rd place: Lionel Richey

The first place winners received $75, the second place winners received $50, and the third place winners received $25.

Mille Lacs Band is State's 40th Largest Employer

The *Minneapolis/Saint Paul Business Journal* recently announced its list of the top 50 employers in Minnesota. The Mille Lacs Band of Ojibwe ranked 40th, ahead of companies including Honeywell, Blue Cross Blue Shield, and TCF Financial Corporation.

The Mille Lacs Band's government and businesses, including Grand Casino Mille Lacs and Grand Casino Hinckley, employ 4,118 people. Through these businesses, the Band has helped increased the number of jobs available in surrounding communities. Since the casinos opened in 1991 and 1992, jobs have increased by 35% in Mille Lacs County and 72% in Pine County.

"These are steady, reliable jobs in trusted, successful businesses," said Mel Towle, general manager of Grand Casino Hinckley and acting senior vice president of gaming for the Corporate Commission. "Steady jobs with good benefits were once in short supply in the rural areas around the casinos."

That fact continues to be the reality in many parts of Minnesota. Only seven of the state's top 50 employers are located outside the Twin Cities metro area, and three of those seven are actually based outside of Minnesota.

Altogether, Minnesota's tribes are the state's seventh largest employer.

Free Hearing Evaluations

To schedule an appointment for **Friday, November 11**, at Ne-Ia-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

Workers Make Progress on Early Education Building

Photo courtesy of Travis Lund

Photo courtesy of Travis Lund

Steady progress has been made on District I's new early education building since crews broke ground in July. The building's exterior and interior block walls are currently being installed. The project is scheduled to be complete in August 2012.

Upon completion, the early education building will accommodate approximately 200 students ages 0-5 years old in its 17 classrooms, gymnasium, and play areas.

The next phase of the construction project will include setting structural steel columns, roof joists, and decking to enclose the building so it can be heated during the winter months. The building design incorporates cutting-edge green building techniques, including natural lighting and a geothermal heating and cooling system.

The project requires between 15-25 workers each day, nearly half of whom are Band members. Construction will continue throughout the winter months in order to meet the August deadline.

Early Education Staff to Host Parent Cafes

By Gaylene Spolarich, Mille Lacs early education family community specialist; Julie Kettner, Minnesota Child Care Resource & Referral regional coordinator; and Cindi Cooley, early learning parent mentor coach

This month the early education department will host a series of Parent Cafes in each district for the parents and caregivers of Band children.

Parent Cafes are an opportunity for the parents and caregivers to share stories, express concerns, learn about child care resources, and offer feedback to the education staff to help the success of Band youth.

The Parent Cafes are scheduled at each district's early education building from 2-3:30 p.m. on the following days:

- District I: Wednesday, November 9
- District II: Tuesday, November 8
- District III: Thursday, November 10

Additionally, parents and caregivers will have an opportunity to order car seats at each district event. Child care will be provided by the early education staff, and refreshments will be available for attendees.

Pine County Judicial Presentation

Pine County Probation Officer Tessa Nelson will present information to Band members on Thursday, November 10, about Pine County's judicial system, including information about bail evaluations. She will also be available to answer any questions Band members might have.

Tessa will present information at the following locations and times:

- Pine County Courthouse at 9 a.m.
- Aazhoomog Community Center at 2 p.m.
- Corporate Commission building in Hinckley at 6 p.m.

For more information about the presentation, contact Katie Draper at 320-384-6240.

Broadband Survey Results Released

Mii gwech to everyone who responded to this summer's broadband survey. Below are some of the results from the survey:

- 277 Band households responded to the survey
- 49% of respondents indicated having broadband service available in their homes
- 70% of those who have broadband service available to them subscribe to it
- 85% of the respondents indicated that they would subscribe if broadband service was made available
- Band members with broadband service reported using it primarily for entertainment, banking and news
- Band members without broadband service indicated that if broadband was made available to them, they would use it primarily for news, health and entertainment

The Mille Lacs Band will now submit the information that has been gathered to the United States Department of Agriculture and apply for a grant to expand broadband service in the area. Broadband is high-speed Internet access that is always on and faster than traditional dial-up access.

Mille Lacs Band of Ojibwe Tribal Government Monthly Financial Report

Preliminary September 2011

	Approved budget for FY 2011	Actual expenditures through 9/30/11	% of budget expended
Administration (1)*	13,486,931	11,991,346	88.9%
Workforce*	14,866,610	4,875,366	32.8%
Judicial	674,669	652,197	96.7%
Law enforcement*	5,335,989	4,855,309	91.0%
Education*	18,478,754	15,801,600	85.5%
Health and human services*	32,196,103	26,658,054	82.8%
Natural resources*	5,688,269	4,354,877	76.6%
Community development*	41,543,988	18,286,026	44.0%
Gaming authority	4,844,746	4,614,484	95.2%
Bonus distribution	46,974,846	46,959,376	100.0%
Economic stimulus	2,910,000	2,908,000	99.9%
Total expenditures	$187,000,905	$141,956,635	75.9%

Financial notes:

(1) Administration includes Chief Executive, administration, finance, Solicitor General, legislative, government affairs, and district operations.

(2) The amounts above do not include casino operations. However, they do include government operations funded by casino distributions.

(3) The Mille Lacs Band of Ojibwe has its financial statements audited every year by an independent public accounting firm. Audit reports from previous years are available for review at the government center.

(4) Economic development appropriations have been excluded as of October 31, 1997. As of October 1, 1997, the Band has separate accounting functions for the Corporate Commission and the tribal government.

** These departments include continuing appropriations from the 2010 fiscal year.*

Four-Time Defending Champions

Photo courtesy of Weylin Davis

The District III Boys & Girls Club hosted the all-district softball tournament at the Aazhoomog field in October. Boys & Girls Club staff and members participated. All four districts participated in the round robin tournament.

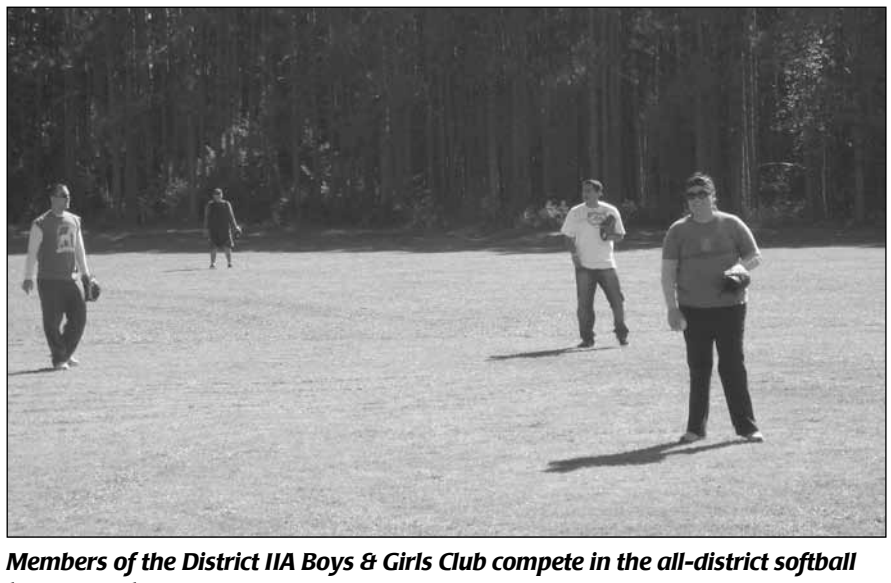

Photo courtesy of Weylin Davis

Members of the District IIA Boys & Girls Club compete in the all-district softball tournament.

Nay Ah Shing School Committee to Sponsor Harvest Feast For Band Elders

By Karen Sam, parent involvement coordinator

The Nay Ah Shing School Parent Action Committee (PAC) is sponsoring a Harvest Feast for Band Elders to show appreciation for their continued education support.

The feast will be held at the Nay Ah Shing Upper School gymnasium on Saturday, November 5, from 4-7 p.m. The PAC will prepare a traditional fall meal of venison, wild rice, squash, fry bread, and dessert. Nay Ah Shing students will serve the Elder guests.

Transportation can be provided to Elders who request it. Contact Karen Sam at 320-532-4695, ext. 2160, for more information or to sign up.

Tribal Noteboard

Happy November birthday:

Leonard Sam, on November 11 with love from Tracy, Kelly, Kellen, Jay, Rachel, Ed, Taya, Noah, Jen, Deek, Jen and Wesley • **Tali**, on November 10 with love from Kelly, Jay and Kellen • **Arielle Lynn Shaw**, on November 12 from Mickey, Phil, Nadine, Charlotte, PJ, Whitney and Cameron • **Cameron Harrington**, on November 15 from Mickey, Phil, Nadine, Charlotte, PJ and Whitney • **Precious Williams**, 13, on November 19 from mom and Erykah • **Uncle Thomas**, 34, on November 22 from Sandy and Erykah • **Karen**, on November 25 from Sandy and Erykah • **Stone Shingobe**, 9, on November 2 with love from mom, DeaLayna, Derek Jr., Frances, gramma, Mary, Rae, Joe, Jim, Jack, Bruce, Simone, Selena, Dante, Doni, Joey, Mase, Sheila, Shawsha, Soul, Day Day, Nettie, and Simon • **Frances Rose Shingobe**, 6, on November 30 with love from Danielle, DeaLayna, Stone, Derek Jr., gramma, mom, Rae, Mary, Jim, Jack, Bruce, Joe, Selena, Simone, Doni, Joey, Dante, Sheila, Shawsha, Day Day, Soul, Mase, Nettie, and Simon • **Joe Edgington**, 8, on November 2 with love from mom, dad, Simone, Doni, Sheila, aunts, uncles, cousins and gramma • **Quentin Moose**, on November 14 from Tami, Zachary, Kira, Spud, Nell, Ava, Addi and Aidden • **Zachary Moose**, 13, on November 17 from dad, Tami, Jerry and Kira • **Thomas Jones (Fatface)**, on November 22 from the family • **Karen Jones**, on November 25 from the family • **RaiLei**, on November 4 from Rachel, Jeremy, Richard, Candace, Keilia, Cyrell, Gramma Marlys, and Anthony • **Natalie Weyaus**, on November 23 from Marlys • **Jolynn Jones**, on November 29 with love from Roland Sr. and Roland Jr. • **Eli Sam**, from dad, mom, sisters, brothers, papa, kokum, cousins, aunts and uncle • **Rayne**, from mom, brothers, sisters, papa, Kokum, uncle, aunts and cousins • **Robert,** on November 12 from your kids, mom, dad, sisters, brother, nephews and nieces • **Mylz Ballinger**, 4, on November 25 with love from Heather, Daniel and Thomas Virnig • **Jason**, on November 25 from Rachel and Waylon • **Josie**, on November 12 from Rachel and Waylon • **Basil**, on November 5 from Rachel and Waylon • **ShayShay**, 3, with love from mom, dad, Papa, Nana, grandma, grandpa, Sam, Nate, Meech, Jason, Lala, Sar, Chelle, Luke, Jalen, Hunter and Elyse • **Lenore (mom/grandma)**, on November 1 from Tyson, Eva, Jon, dad, Evan, Colleen, Susan, Maggie Sue, and Faith Harmonie Kingbird-Sam • **Ron Smith**, on November 1 from Lenore, Tyson, Faith, Eva, Jeff and Jon • **Lydell Boyd**, on November 27 from Lenore, Tyson, Faith, Jeff and Jon • **Floyd Ballinger**, on November 11 with love from Rose, Shane, Sage, Jake and Lovey Dovey.

Happy November birthday to Mille Lacs Band Elders!

Floyd Ballinger
Carleen Benjamin
Clifford Benjamin
Irene Benjamin
Barb Benjamin-Robertson
Charles Boyd
Alice Carter
Mary Curfman
Richard Dakota
Michael Dorr
Melvin Eagle
Donald Eubanks
Thomas Evans
Terrance Feltmann
Roger Granger
Eileen Johnson
Jo Ann Johnson
George LaFave
Sidney Lucas
Darlene Meyer
Mary Meyer
Marie Nahorniak
Rose Noonday
Elizabeth Peterson
Ralph Pewaush
Dale Roy
David Sam
Leonard Sam
Karen Sampson
Mary Shedd
Kenneth Shingobe
Ronald Smith
Marie Spears
Nora St. John
David Staples
Beatrice Taylor
Donald Thomas
John Thomas
Joyce Trudell
Lawrence Wade II
Linda Wade
Jennie Weyaus
Natalie Weyaus
Sylvia Wise
Patricia Xerikos

Congratulations

Congratulations to **Lisa Boyd** for receiving your diploma, we are proud of you, *with love from mom*.

• • •

Congratulations to **Alysia Boyd** for receiving your diploma, we are proud of you, *with love from dad, Mary, Christina, Donny, Stacy, Tehlisse, Clayton, Priscilla, Marissa, Josie, Tosh, Laney, Waylon and Rachel*.

Anniversary

Happy 35th anniversary to **Clarence (Tarz) and Irene Boyd** on November 20 *with love from Judy, Rod, Valerie, Samantha, Sarah, and your great grandchildren*.

Thank you

Our family would like to thank the Ladies Auxiliary Post 53, Amvets Post 53, Skip Churchill, and all the others who helped during the loss of our family member **Commander Ken Weyaus Sr.** We appreciate your kindness.

• • •

Thank you to all the community members for coming to the open house at the brick house on September 28. Special thanks to District I Representative Sandra Blake for donating the door prizes, Commissioner of Natural Resources Brad Kalk and staff for the tables, C.J. Holmes for volunteering her time, Patrick for grilling and cooking, Rosalie for her chili, and Donna for keeping the chemical dependency staff in order. We appreciate all your help *from Joe Nayquonabe Sr. and Ken Anderson*.

• • •

Mii gwech to everyone who donated to the **Maria Kegg** fundraiser that was held on October 6. Your contributions and support will continue to help her during this time while she fights this battle. She is continuing to do well in therapy and appreciates all the well wishes.

In memory

Sadly missed beloved son, brother, father, grandfather, uncle and cousin **Kalen William Nickaboine (Ozzie)**.

Emi-mew-widung
Be-bomwe-widung
Veteran US Marine Corp
August 20,1959-October 22, 2099

• • •

In memory of **Joe Bastedo**

May 26, 1973-November 23, 2006

It's been five years since you passed, we remember the times we saw you last. Your crazy laugh and crooked smile, still is deeply missed. Our thoughts of you are still frequent, drowning in our eyes' mist. Too young too fast you left us all, each year's passing every fall. With this poem we hope to show you we miss and love you. Forever in our thoughts, *from Papa Doug, Rachel, Waylon, Mick, Phil, Oguy and kids, Randy, Kiki, B-boy, Nade, Char, Carter, Whit, PJ, Adrian and kids, Marcus and kids, Arielle and kids, Tony and kids, Jazz, Jayden, Lance and kids, Crissy, Myrah, Baby Joe, Blade, and Ardana.*

Obituaries

Jennifer Lynn Primero
Born – 3-22-1975
Died – 9-14-2011
Lived in El Paso, TX

Chelsie Benjamin
Born – 1-16-1991
Died – 9-17-2011
Lived in Onamia, MN

John Gregory Pike Jr.
Born – 4-6-1962
Died – 9-20-2011
Lived in Sandstone, MN

Kenneth Weyaus Sr.
Born – 8-25-1941
Died – 9-20-2011
Lived in Onamia, MN

Irvin Wayne Sutton
Born – 9-23-1937
Died – 10-9-2011
Lived in Onamia, MN

Correction

Last month in the Q&A feature, "What are your academic goals for this school year," we misidentified Amber Taylor and Music Anoka. Amber said her goals are "to get As, have fun, and learn something new every day." Music said her goal is "to have a better attitude."

Moccasin Telegraph

Always moving, always camping

By Jim Clark, Mille Lacs Band Elder (1918-2008)

The Anishinaabe – what we Indian people call ourselves – were sometimes referred to as nomads, and for a good reason. Before the arrival of the Europeans, there was a lot of area for animals and people to live. Making a living was no problem for the Anishinaabe. They lived in one area until their sources of food, animals, wild plants, material for dwellings, and wood for heating was getting scarce. Then they would move to where these living sources were better.

When the European people arrived, the Anishinaabe had to find a way to make a living. That was to work for the white man. When the Anishinaabe found a job, they would move and camp closer to work. Very few Ojibwe Anishinaabe had horses. Lack of transportation was another reason they had to camp out.

Camping out for a whole season went something like this: first it was the sugar camp. When that was over, it was home for a little while to clean around the house and prepare for planting. Around that time, the ceremonies would start, so they would move to the ceremonial site for a couple of weeks. Then it was pulpwood time. They would move to wood pulp camp and remain there until the blueberries ripened. During this time, the people would go check on their homes on weekends and maybe do some work on their gardens. Sometimes after blueberries were done, the people would move home and stay for a couple of weeks or until the rice was ripe. Then it was off to the ricing camp. After ricing, instead of going home, they looked for work helping the farmers harvest their crops. There they camped on the farmers' land. By the time crops were harvested, it was too cold to camp anymore, so at last they moved home to work on their gardens and for the kids to go to school.

During the winter, the men hunted. Sometimes they would carry a blanket and stay out in the woods all night. A blanket, a small pot for tea, and bread – it's nice by a big fire all night. No one does that anymore. Too bad!

Of course, the Anishinaabe spoke their own language during this time. Now we have a written language, too. To give you an idea of what our written language looks like, here is the first paragraph of this column again, this time in Ojibwe:

Eniwek isa apane gaapimigozidd a'aw Anishinaabe. Misa waago imaa beshu endaad gegu wii ano kaadang giishpin igo niizho gon wii tazhii kang waa ina no kiid miigo booch iwidi kawe gaa izhi gozid iwidi wii nibaad. Maagizhaa I'iw gii a'ya zig bemiwinigod mii apane gaa onji bimi gozid.

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

"The story as it's told."

Kelly Sam, Editor

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St. Paul, MN 55101

Please provide news tips and other information by the 15th of the previous month.

Upcoming Mille Lacs Indian Museum Events

Sweetgrass basket workshop

Learn the art of making a coil sweetgrass basket in this two-day workshop. Sweetgrass is a fragrant sacred herb used in ceremonies and artwork by the Ojibwe. This class will be held on Saturday, November 19, from noon-4 p.m. and Sunday, November 20, from 10 a.m.-2 p.m.

The workshop costs $60 for the general public or $55 for Minnesota Historical Society members and Mille Lacs Band members, plus an additional $15 supply fee.

A light lunch and refreshments will be provided each day. A minimum of five participants is required to host the workshop. Registration is required by November 16. Please call 320-532-3632 for more information.

Kids crafts workshop

Listen to museum staff read storybooks, enjoy light snacks and learn how to make a corn husk doll to take home. Corn husk dolls are made out of the outer covering of an ear of corn. This project is recommended for children 10 years or older.

The workshop costs $6 per kit and will be held on Saturday, December 3, from 11 a.m.-4 p.m.

Snowshoes Helped Hunters and Trappers

In the deep of winter, traditional Ojibwe hunters strapped on snowshoes to maneuver through thick snow. Snowshoes, which were developed by American Indians in the Great Lakes region, allowed the hunters to move more easily in their efforts to feed their families.

Ojibwe hunters wore snowshoes while trapping or stalking prey with bows and arrows. Traditional snowshoes were made up of two basic parts: a hardwood frame and a netting made of hide, twine or sinew (animal tendon). Wide and strong, snowshoes distributed the hunter's weight across a larger surface, preventing him from sinking into the snow.

Ojibwe called the rounded type of snowshoe the "bear paw" because the contraption left a bear-like print in the snow (legend even stated that crafty bears wore similar devices for quicker movement through the snow). Other groups of American Indians referred to the snowshoes as "catfish" because of their shape.

Although the Great Lakes Indians had used the devices for centuries, European trappers and hunters had never seen snowshoes before meeting Indians. Most Europeans, new to the region, relied on horses for transportation, but the deep snow made this kind of travel nearly impossible. So after forging friendships with local Indians, the European trappers and hunters began using snowshoes, too.

Few people, Indian or non-Indian, continue to trap or hunt during the winter. But snowshoes are now known throughout the world and are widely used for sport and recreation.

Calendar of Events

November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Purchase Tickets* **Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com	*If you would like an event included in the community calendar,* **please contact Kelly Sam at 651-292-8062** *or write to Kelly at* **kelly@goffpublic.com**	1	2 **Narcotics Anonymous** District I Community Center 6-7 p.m. Every Wednesday	3 **Talking Circles** District I Community Center 5:30 p.m. Contact: KC Paulsen 320-532-4046	4	5 **Clay Walker and Craig Morgan*** Grand Casino Mille Lacs 6 p.m. **Harvest Feast for Elders** (See page 8 for more details)
6	7	8	9 **District I Community Meeting** District I Community Center 5:30 p.m. Contact: Judith Ballinger 320-532-7423	10 **Pine County Judicial Presentation** (See page 8 for more details)	11 **All government offices closed for Warrior's Day**	12 **The Golden Voice*** Grand Casino Hinckley 8 p.m.
		Parent Cafes (See page 7 for more details)				
13	14 **Pine Grove Leadership Academy Meeting** 5 p.m. Contact: Melanie Benjamin 320-384-7598 **AMVETS Meeting** Grand Casino Mille Lacs 6 p.m. Contact: Diane Nickaboine 320-532-7439	15 **District II Leadership Academy School Board Meeting** 4 p.m. Contact: Raina Killspotted 218-768-2345	16 **District III Thanksgiving Community Meeting** Grand Casino Hinckley 6 p.m. Contact: Katie Draper 320-384-6240	17 **All-District Elder Meeting** Hinckley ALU 11 a.m. Contact: Denise Sargent 320-532-7854 **12th Annual Feast** (See page 12 for more details)	18	19 **Sweetgrass Basket Workshop** Mille Lacs Indian Museum noon-4 p.m.
20 **Sweetgrass Basket Workshop** Mille Lacs Indian Museum 10 a.m.-2 p.m.	21	22 **Urban Area Community Meeting** All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson 612-872-1424	23 **District II Community Meeting** East Lake Community Center 5:30 p.m. Contact: Jenny Waugh 218-768-3311	24 **All government offices closed for Mii Gwech Day**	25	26
27	28	29	30	Dec. 1	2	3 **Kids Crafts** Mille Lacs Indian Museum 11 a.m.-4 p.m. **Sara Evans*** Grand Casino Hinckley 7 p.m.
4	5	6	7	8	9	10 **Birchbark Ornament Workshop** Mille Lacs Indian Museum noon-4 p.m.

What Will You Be Most Thankful For This Thanksgiving?

For this month's Q&A we polled Mille Lacs Band Facebook fans about what they will be most thankful for this Thanksgiving. You can become a fan of the Mille Lacs Band on Facebook by visiting www.facebook.com/millelacsband and clicking "like."

Chiefy Gibbs

"Thankful for family and all the food… we get to eat two times…lol."

Dawn Murphy

"I am thankful for my family, my health, and being able to follow my dreams."

Jasmine Fetters

"I'm thankful for my family and everything that makes me happy."

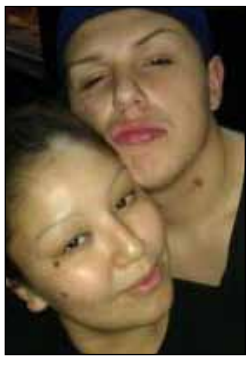
Denise Sargent

"I'm thankful for when you think no one cares, family and friends come out of the woodwork."

Courtney Martins-Breth

"Family, health, and my new baby boy!"

Travis Wayne White



"My daughter, who was born July 9, 2011."

Kelly Sam

"I'm thankful to have a healthy family and great friends."

Yvonne Winiecki

"Thankful to be living a good life and enjoying the love of children and grand-children. Seeing the continuity of your own family is such blessing!"

1855 MILLE LACS RESERVATION (10 STAT. 1165)

The Corporate Commission of the Mille Lacs Band of Ojibwe Indians Invites You

12th Annual Feast for all Mille Lacs Band Members

Thursday, November 17, 2011

Doors open & seating starts at 5:15 p.m.

Invocation/welcome at 5:45 p.m.

Dinner at 6:00 p.m.

Entertainment at 7:00 p.m.

Grand Casino Mille Lacs Events & Convention Center Seating on a first come first served basis

GREAT FOOD **DOOR PRIZES** **ENTERTAINMENT** **GOOD CONVERSATION**

The Newspaper of the Mille Lacs Band

Ojibwe Inaajimowin

December 2011 *"The story as it's told."* Volume 13 • Number 12

Band Conservation Officers Fight National Fires

Photo courtesy of Mike Taylor

Mike Taylor, chief conservation officer, and Eric Hanneken, conservation officer, escort a staff member to the fire line near the entrance to Chiricahua National Monument. Mike and Eric were fighting the Horseshoe II Fire in Arizona in June 2011.

Mille Lacs Band conservation officers have helped battle several wildfires throughout the United States this year. In 2011 Band conservation officers were called to fight the Horse Shoe II Fire in Arizona, the Las Conchas Fire in New Mexico, the Bonner Fire in Montana, the Bastrop Fire in Texas, and the Pagami Creek Fire in the Boundary Waters.

The Band's Department of Natural Resources works with the Bureau of Indian Affairs Division of Forestry and Wildland Fire Management to help battle and provide security during wildfires.

Several years ago Mille Lacs Band conservation officers trained to fight wildfires at the Federal Firefighting School in Grand Rapids, Minn. After completing the training, the conservation officers were placed on the National Interagency Fire Center's list of firefighters who are qualified to help with local and national fires as needed.

Chief conservation officer Mike Taylor and conservation officers Eric Hanneken, James Mattson, and Jared Rasoti are all qualified to fight wildfires and have traveled throughout the United States this year to help battle several wildfires.

In September Band member Dean Staples, Mille Lacs Band fire management technician, was called to help battle the Pagami Creek Fire in the Boundary Waters. He and other members of the Band's fire crew provided support services to firefighters who were trying to contain the more than 100,000-acre fire. They worked at the Laurentian Ranger District in Aurora, Minn.

"Wildfires are powerful and dangerous. I'm glad that we are able to help people throughout the United States fight these fires," said Mike. "The skills we have learned on these missions will continue to help us as we assist with firefighting and investigations on the reservation."

More firefighting photos are posted on the Mille Lacs Band's Facebook page (www.facebook.com/millelacsband).

Gaming Expansion Still in the Cards for Vikings Stadium

By Jamie Edwards, government affairs coordinator

The question of how to fund a new Vikings stadium remains at the top of some legislators' minds as the beginning of the 2012 session nears.

The Senate Taxes Committee and the Senate Local Government and Elections Committee held a joint public hearing on Tuesday, November 29, to discuss the Vikings stadium. The Senate Taxes Committee and the Senate State Government Innovation and Veterans Committee will also hold a joint public hearing on Tuesday, December 6.

Although there are no specific proposals for funding the stadium, media throughout the state continue to cover the issue daily. Most of the discussions and media coverage have focused on using revenue gained from expanding gaming to help finance the stadium.

Electronic pull tabs have been mentioned as a possible funding source. This would modernize a form of gambling that is already in place, making it hard to estimate the amount of revenue that could be generated from this form of gaming expansion.

Advocates have been pushing hard for racinos, or slot machines at the state's horse tracks. While racino advocates recently released a more defined assessment of the revenue racinos could provide the state, the assessment failed to account for the negative impacts of racinos, including revenue and job loss at tribal casinos.

A state-run casino at Block E in Minneapolis continues to be a part of the discussion. It was recently revealed that one of the people involved is Lyle Berman, who ran Grand Casino Inc. and managed Grand Casino Mille Lacs and Grand Casino Hinckley in the early 1990s.

The Band supports the Vikings, but will work hard to defeat any gaming expansion that would hurt the Mille Lacs Band and Grand Casinos.

It is highly unlikely that Governor Dayton will call a special session to resolve the Vikings stadium issue. However, we anticipate that the Vikings stadium will continue to be discussed during the 2012 legislative session, which begins January 24.

MILLE LACS BAND OF OJIBWE
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Band Members Attend National Indian Education Conference

Photo courtesy of Katie Draper

Seven Band members from District III attended the National Indian Education Association's annual conference in Albuquerque, New Mexico. Pictured are (from left to right) Vanessa Gibbs, Laikora Thompson, Shawna Matrious, David Matrious, and Wanetta Thompson. Not pictured are Angela Matrious and Alex Matrious.

In October several Band members traveled to Albuquerque, New Mexico, to attend the National Indian Education Association's annual conference. At the conference students, parents and teachers learned about culturally relevant curriculum, various options and scholarships for higher education, and more.

District III Representative Diane Gibbs sponsored seven Band members from her district to attend the conference: Vanessa Gibbs, Angela Matrious, Dave Matrious, Alex Matrious, Shawna Matrious, Wanetta Thompson, and Laikora Thompson.

Vanessa believes that the conference will help her identify more schooling options for her five school-aged children.

"I learned that there are a lot of people who want to help American Indian youth. Not only does the Band operate programs that help our youth, but there are national programs that give youth opportunities to pursue education," she said.

At the conference Vanessa also learned about summer camp opportunities for young American Indians, such as the Indian Youth of America Camp, where campers experience a variety of cultural, educational, and recreational activities with American Indian counselors.

When Dave Matrious was first invited to attend the conference, he was the chairman of the Pine Grove Leadership Academy Board of Directors. He now serves as cultural administrator at the school and plans to use information that he learned about cultural-based education in his new position.

"Schools that have large Indian populations need to have a culturally based curriculum according to state education guidelines," Dave said. "For example, if students are learning about ecosystems in science, they should learn both the English and Ojibwe terminology for the material."

Additionally, Dave is developing a tribal leadership curriculum, which would teach students about tribal government and traditions, as well as educate them about the unique relationships that exist between tribal, state and federal governments.

"Thanks to Diane for giving us the opportunity to learn more about the NIEA and culturally based education opportunities for our youth," Dave said. "Having the opportunity to meet with American Indian educators across the country will help our students' desire to continue to improve the education in our schools."

More information about educational opportunities available to American Indian youth is available on the NIEA website (www.niea.org).

Band Youth Attend NCAI Conference

Photo courtesy of Justin Beaulieu

Boys & Girls Club members met Howard White, vice president of sports marketing Jordan brand for Nike, at the NCAI conference in Portland, Oregon. Pictured are (back row from left to right) Oleia St. John, Aaron Buckanaga, Howard White, Candace Killspotted, Noel Kegg, and (front row) Darius Barnes.

The Mille Lacs Band Boys & Girls Club took five Band youth ages 14-17 to the National Congress of American Indians (NCAI) annual conference to learn about youth opportunities within the organization. The conference was held in Portland, Oregon, from October 30-November 4.

Band members Darius Barnes, Aaron Buckanaga, Candace Killspotted, Noel Kegg, and Oleia St. John attended the conference. Justin Beaulieu, director of operations for the Boys & Girls Club and Charlee Edwards from District IIa accompanied the youth.

At the conference the youth listened to speakers and participated in discussions about issues important to young American Indians nationwide.

"The kids learned a lot at the conference and asked lots of insightful questions," Justin said. "They are excited to get more involved in NCAI in the future."

The kids also became individual members of NCAI, which makes them eligible to run for a position on the NCAI Youth Commission. The Youth Commission provides opportunities for Native youth to develop leadership skills, voice their opinions about American Indian issues, and network with other Native youth throughout the nation.

"We wanted to introduce young Band members to NCAI and their peers who are making a difference in their communities," Justin said. "We hope that these kids will take advantage of the great opportunities, like internships and scholarships, that are available to them through NCAI."

U.S. Senator Al Franken Visits Mille Lacs Reservation

Photo courtesy of Molly Judkins

U.S. Senator Al Franken toured the Mille Lacs Reservation and met with Band officials on November 12. He is pictured here with Secretary/Treasurer Curt Kalk and District I Representative Sandra Blake.

District IIa Boys and Girls Club Members Give Thanks

Photo courtesy of Justin Beaulieu

Members of the District IIa Boys & Girls Club.

In honor of Mii Gwech Day, Boys & Girls Club members in District IIa shared what they are thankful for. Below are a few of their answers.

"I am thankful for my mom because she helps me in many ways, and I love when she gets me presents and gifts…I love you mom!!!!" – Taya S.

"I am thankful for my mom because she loves me!" – Ben Jr.

"I am thankful for my mom because she makes sure that I'm home on time and because she cares about me!" – Trinity

"I am thankful for my mom because she is nice! I love you." – Nevaeh M.

"I am thankful for my dad because he got me the game I wanted! Thank you for my game!" – Noah S.

"I am thankful for my mom because without her I wouldn't be here." – Treavon

"I am thankful for my mom because she takes me shopping!" – Jordon K.

"I am thankful for Ricky because you are my big cousin, and I think you are special because you are a brother to Elise. That's why you are special, Ricky." – Amelio M.

"I am thankful for my dad because he is special!" – Celleia

"I am thankful for my grandma because I like her!" – Gussy K.

"I am thankful for my little sister because she is sweet and kind and friendly. She is three years old!!!" – Ale

"I am thankful for my mom because she feeds me and my brother." – Dehlina

"I am thankful for my mom because she helps with my homework, she helps me with everything, and she buys me what I need and what I want." – Jerry M.

"I am thankful for my brother Zack. You are the best brother I've ever had. Love you, Zack!" – Kira M.

"I am thankful for this person because I love her and she loves me. Mom I am happy I have you for a mom and you are my love. P.S. Love, Annalysa. I love you, and 'hey' you know you're very lucky, you're very special to me, and I know you love me! You are my heart!" – Annalysa

"I am thankful for my grandma because she buys me stuff when she goes somewhere and when I go with her somewhere." – Jordan S.

"I am thankful for my uncle." – Val

"I am thankful for my dad because he is helpful." – Quincey

"I am thankful for my mom because she lets me play until 8 o'clock; then it is bedtime." – Jayenissa

"I am thankful for my mom because she always fixes my hair, and I am always thankful for her because she buys me stuff and give me kisses and hugs every day." – Jared S.

"I am thankful my dad. Thanks for being such a great dad and taking care of me." – Michaela

"I am thankful for my mom because she took care of me my whole life. She took care of me when I was sick." – Victoria M.

"I am thankful for my Grandma because I love her!" – Serenitie

"I am thankful for my mom because she is very loving to me!" – Nici

Save The Date: 2012 State of the Band Address

All Band members are invited to the 28th Annual Mille Lacs Band of Ojibwe State of the Band Address on Tuesday, January 10, 2012. The event will be held at Grand Casino Mille Lacs Events & Convention Center and starts at 10 a.m. Invitations will not be sent out to Band households this year.

Corporate Commission Thanksgiving Feast Photos

Photos courtesy of Beth Hanlon

The entertainers at the Thanksgiving Feast were Tatanka Means (left) and Pax Harvey (right) from 49 Laughs. They are pictured here with District I Representative Sandra Blake and family.

Chief Executive Marge Anderson (center) dines with husband Merlin Anderson and Frances Davis at the Thanksgiving Feast in November.

Minor Trust Fund Updates

Minor trust investments have continued to perform equivalent to averages for similar type investments.

If you are a parent or guardian of a Band minor and would like more information on their individual accounts please contact Kathy Heyer, per capita specialist, at 320-532-7472 or John Gerdener, Commissioner of Finance, at 320-532-7475.

Grand Casino Mille Lacs Grants Dream for Stroke Victim

Photo courtesy of Grand Casinos

Grand Casino Mille Lacs General Manager Ronda Weizenegger (left) is pictured with (left to right) Nancy Young, Cal Christensen and Cathy Gerding from the Koronis Manor of Paynesville.

By Sarah Barten, public relations specialist at Grand Casinos

Cal Christensen had been planning to play the slots at Grand Casino Mille Lacs for his birthday in 1995, but a massive stroke changed his plans. Sixteen years later, his dream became a reality as a part of Koronis Manor's "Dream a Little Dream" program.

Before his stroke, Cal loved to spend time with his family and friends and go to casinos. He has longed for the excitement of the slot machines ever since his stroke.

"Because of the stroke, his communication abilities are very limited," said Trish Barten, social worker for Paynesville Area Health Care Systems. "Ever since we told him we were taking him to the casino, he has been saying, 'ding, ding, ding.' It's exciting to see him so happy."

On Wednesday, November 16, Cal received a special welcome from the general manager of Grand Casino Mille Lacs, along with free lunch for him and his nurse aids, Grand Casino memorabilia, and free Grand Play on the machine of his choice.

"When we heard about Cal's wish, it was an immediate yes," said Ronda Weizenegger, general manager for Grand Casino Mille Lacs. "This is the part of our business that we enjoy so much – seeing our Guests enthusiastic to come and visit. We are thrilled to help bring a smile to Cal's face."

This holiday season, the Koronis Manor will have a "Dream Tree" with all of the dreams that are left to be completed for its residents. People will have the opportunity to sponsor a dream, if they choose. For more information, call 320-243-4212.

Band Member Recognized for His Service at Xcel Energy Center

Photo courtesy of Tony Pike

Mille Lacs Band member and U.S. veteran Tony Pike was selected to participate in a Minnesota Wild Hockey photo shoot to honor Minnesota troops. Tony served with the 34th Military Police Company and 34th Red Bull Infantry Division and recently retired after more than 21 years of military service. Pictured above, Tony stands next to his full-sized photo on a pillar at the Xcel Energy Center. The photos of troops will remain on the building's pillars for the duration of the 2011-2012 Minnesota Wild hockey season.

Department of Labor Announcements

By Deb Campbell, Department of Labor lead instructor

Mille Lacs Band Tribal College offers GED exam

The Mille Lacs Band's Department of Labor is offering GED exams at the Mille Lacs Band Tribal College on January 20 and 27, April 13 and 20, and August 10 and 17 between 10:30 a.m. and 4 p.m.

The GED exam is a series of five subject area tests. A new edition of the GED exam is scheduled to be released in January 2014. Test takers will need to pass all five subject area tests before 2014, otherwise previous test takers will be required to retake the entire exam.

The series of tests costs $60 per person. If you are retaking individual tests, each test costs $12. If an agency is funding your GED exam, the series of tests costs $100, and each individual test costs $20.

If you are interested in taking the exam, you must register with Melissa Lupinek, chief examiner, at 320-223-3826 or 763-689-6230.

GED scholarships

Mille Lacs Band members and first generation descendants may be eligible to use educational enrichment funds for test fees. Educational enrichment funds are available once per fiscal year. To be eligible, you must be age 18 or older.

Application forms are available on the education section of the Mille Lacs Band's website (www.millelacsband.com).

For more information contact the Tribal College Scholarship Office at 320-532-3702.

Mille Lacs Band members, first generation descendants, and other federally recognized tribal members could also be eligible for the Department of Labor's GED preparation program, which covers the cost of exam fees for those who are eligible.

To enroll in the GED program, contact Deb Campbell at 320-532-7811.

Free driver's education classes

The Department of Labor is offering free driver's education classes to adults 18 years and older who need to take the written portion of the driver's test on December 6, 7, and 13 from noon-3 p.m. in East Lake's Department of Labor modular.

The nine-hour course will cover the information needed to pass the written driver's test. The course is open to those who have never taken the written driver's test and those who are eligible to retake the written driver's test and apply for a driver's license. Class size is limited, and participants must meet program eligibility.

After completing the three-day, nine-hour course, the department of labor will provide transportation to the driver's license exam center in Brainerd to take the written exam. To pre-register and complete an application, visit the Department of Labor offices in District I or II or call 800-922-4457.

Classroom hours

The Department of Labor offers classroom hours in each district for Band members who would like assistance with resumes and cover letter writing, online job searches, computer skills, and GED exam preparation. The following are the weekly classroom hours in each district:

District I

- Mondays, Thursdays, and Fridays from 9 a.m.-5 p.m.
- Wednesdays from 9 a.m.-8 p.m.

District II East Lake modular

- Thursdays from 10 a.m.-3 p.m.

District IIa Chiminising Center

- Tuesdays from 1-4:30 p.m.

District III Lake Lena Community Center

- Wednesdays from 10 a.m.-3 p.m.

Heating, Water, and Home-Related Maintenance Problems

If you live in a Mille Lacs Band Housing-maintained home, call for housing maintenance service in your district. During regular business hours, please call our customer service representative at 800-709-6445, ext. 7799. If you live in a home not maintained by the Mille Lacs Band and need assistance after hours with utilities or heating, please call 866-822-8538. Press 1, 2 or 3 for your respective district.

Nay Ah Shing School Celebrates Red Ribbon Week

Photo courtesy of Bugs Haskin

Pictured above are the Nay Ah Shing students who participated in the Upper School Fun Run and placed 1st-5th in each grade category.

By Bugs Haskin, Nay Ah Shing School activities director

In October, Nay Ah Shing students, staff, and community members participated in Red Ribbon Week, a national prevention program designed to promote drug-free lifestyles by encouraging communities to sponsor anti-drug events.

Nay Ah Shing School's Red Ribbon Week featured a week-long series of activities that focused on fun fall activities and school spirit. The activities included sport competitions, family game nights, a lock-in, hayrides, carnivals, clothing-themed school days, a pep fest, and more.

To kick off the week, Chief of Police Dwight Reed teamed up with Community Services Officer LeRoy Lassard to take on Investigator Russ Jude and Officer Craig Nguyen at the school's Circle area to play trivia game "Blast from the Past." The game consisted of questions related to consumer products of the past.

Some of the week's highlights included the flag football competition between the Nay Ah Shing students and tribal police officers, and the First Nations Volleyball tournament, which featured six tribal teams.

The flag football game featured Brett Haskin, Russ Jude, Justin Churchill, Jeff Schafer, and Noah Melberg of the Mille Lacs Band Tribal Police Department. The tribal police officers dominated until the final minutes of the game when the students rallied back to finish with a tie. Both teams were winners.

Red Ribbon Week concluded with the volleyball tournament hosted by Nay Ah Shing. At the tournament, Mille Lacs Band member and Nay Ah Shing volleyball player Kelsey Shaugobay was selected to represent Nay Ah Shing on the All-Tournament Team. Also, Band member and three-time team captain Jaime Boyd was honored with a special sweatshirt for her leadership. The Nay Ah Shing team took fifth place in the tournament.

Mii gwech to everyone who participated in this year's Red Ribbon Week and helped spread the anti-drug message throughout the community.

Santa's Workshop Coming to Nay Ah Shing School

By Bugs Haskin, Nay Ah Shing Schools activities director

The Nay Ah Shing Upper School is hosting the annual Santa's Workshop on Saturday, December 17, from 9 a.m.-1 p.m. Youth in second grade through seventh grade are invited to visit the school's Santa store and purchase gifts for family and friends on their holiday list.

The workshop costs $20 per student, which includes snacks, games, a hayride with Santa, and five personally-wrapped gifts of the student's choice. Additional presents will cost $2 each, which also includes gift-wrapping. Workshop participants are encouraged to bring their holiday gift list along so the staff can help them find what they need. Youth younger than second grade can also attend, but must be accompanied and supervised by a parent or guardian at all times.

The workshop is sponsored by the Nay Ah Shing's Activities and Athletics Department and the proceeds will help fund Nay Ah Shing youth groups such as AIBL, drummers, fun club, and the senior class.

For more information about Santa's Workshop, contact Bugs Haskin at 320-532-4695, ext. 2120.

Oath of Office Reminds Us of Band's Self-Governing Authority

Today the Band's elected and appointed officials are sworn in to office by a tribal court judge in front of their peers. But that has not always been the case. Until the 1980s, only two Band officials were sworn in, and they swore to a different oath.

Minnesota Chippewa Tribe's oath

When the Band was led by a Reservation Business Committee, only the Band's Chairman (equivalent to the Chief Executive today) and Secretary/Treasurer took an oath of office. As Tribal Executive Committee members for the Minnesota Chippewa Tribe (MCT), they were sworn in by the MCT and took the MCT oath.

That oath states: "I do hereby solemnly swear or affirm that I shall preserve, support and protect the Constitution of the United States and the Constitution of the Minnesota Chippewa Tribe, and execute my duties as a member of the Tribal Executive Committee to the best of my ability, so help me God."

The MCT's oath dates back to 1934, according to Donald Graves, the Band's archivist. "It was written by the MCT and approved by John A. Carver Jr., the Assistant Secretary of Interior of the United States, on June 18, 1934," he said. "It is part of the MCT constitution."

The oath is also in the bylaws for the MCT's Tribal Executive Committee, said Elaine Smith, an attorney for the Mille Lacs Band's legislative branch. Those bylaws require Tribal Executive Committee members – including the Band's Chief Executive and Secretary/Treasurer – to subscribe to the MCT oath.

Mille Lacs Band's oath

After the Band adopted its own separation-of-powers government in 1981, Band leaders decided to develop a new oath of office. "We thought that since our first language was Ojibwe, our oath should be in our first language," said Chief Executive Marge Anderson, who at the time was the District I Representative.

So a group of first speakers including Marge, then-Chairman Art Gahbow, Raining Boyd, Doug Sam, Jim Clark, Norman Clark, Dorothy Sam, Millie Benjamin, Julie Shingobe, and others worked together to create the oath.

"It took us a long time to get some of the words right, because some English words don't translate to our language," Marge said. "We had to figure out how to say things like 'United States' in Ojibwe."

This is the oath they developed as enacted in Band statutes (2 MLBSA sec. 8): "I, [NAME], do hereby swear that I will support, honor and protect the Constitution of the Minnesota Chippewa Tribe, the Constitution of the United States of America, the laws of the Non-Removable Mille Lacs Band of Chippewa Indians, and I will protect the rights of Band members and others under the jurisdiction of the Mille Lacs Band of Chippewa Indians, and that I will faithfully and impartially discharge the duties of the office to which I hold to the best of my judgment and ability, so help me gichima nido."

When the judicial branch was officially established by Band ordinance in 1983, the Band's oath of office was contained in the ordinance. Over the years, the use of the oath continued to evolve, but its words stayed the same.

"The Band's oath of office was never amended once it became law," said Natalie Weyaus, a historic preservation officer for the Band, who was one of the first associate judges for the Band and later served as Chief Justice. She swore in Marge Anderson as Chief Executive in 1991 after Art Gahbow passed away.

In 1999, Mille Lacs Band Tribal Judge Scott Lundberg swore in Band attorney Dorn Lawin. That ceremony marked one of the first times a tribal judge, rather than a state or federal judge, ever swore in a new attorney.

"This is how all of the Band's elected and appointed officials take their oath of office today," Marge said. "While this may be a small detail, it's a reminder of how important our own laws and system of government are. It shows the great progress we have made as a self-governing tribe since the 1980s."

Toya Stewart Downey contributed to the writing and reporting of this article.

Public Health Department Updates

Gego Zagaswaaken (Don't Smoke) program announcements

By Carol Hernandez, Gego Zagaswaaken outreach coordinator, and Roberta Ladd, health educator

Congratulations to the Band members who quit smoking during the "Great American Smoke Out." If you missed it, there will be another opportunity to quit as a group during "Kick Butts" day, a district-wide event that will take place on March 12, 2012. More details to come.

Production for the second educational video is underway, and we hope to have a finished product by the end of December. Upon completion, viewings will be scheduled for each district. Each viewing will include a meal, door prizes, and hands-on demonstrations of how to make kinnikinnick (traditional tobacco).

If you are thinking about quitting smoking, attend a tobacco education class in your district to learn about the ingredients in commercial tobacco and how they can affect your health and others. This month's class will be held in District IIa at the Chiminising Community Center. Check with your local community newsletter for the date and time. If you have questions, call Roberta Ladd at 320-532-7812 or Carol Hernandez at 320-532-7760.

Food safety for the holiday season

By Kari DiGiovanni, RN

Many of us will celebrate the holidays over a home-cooked meal. As you prepare your favorite festive dishes, it is important to practice good food safety habits as the chance of food poisoning caused by bacteria, viruses, parasites, molds, toxins and contaminants increases during the holiday season.

There are four categories of food safety: clean, separate, cook and chill. Here are the most important tips for each category that will help keep you healthy this holiday season:

- Before preparing a meal, be sure to wash hands for at least 20 seconds with soap and running water, and clean surfaces, cutting boards, and utensils after each use.
- Separate raw meat, poultry, and eggs from fresh fruit, vegetables, and other ready-to-eat foods in the fridge, and use separate cutting boards for produce and meat.
- Cook meat to at least 165 degrees Fahrenheit to kill illness-causing bacteria. Be sure to use a meat thermometer to check the temperature because color and texture are often not enough to tell if the meat is done.
- Chill promptly and don't let food sit more than two hours at room temperature. Illness-causing bacteria can grow in perishable foods unless you refrigerate them.

For more information about holiday food recipes and preparation tips, visit www.holidayfoodsafety.org.

Free transportation available for local medical and dental appointments

By Mary Sam, community health representative

Transportation aides are available to bring Mille Lacs Band members and their families to and from medical and dental appointments scheduled between 8 a.m. and 5 p.m. Monday-Friday, excluding Band holidays, urgent care visits, emergency room visits, and walk-in appointments.

Free transportation is only provided to medical and dental appointments in the immediate service area, unless the health service needed is not available.

- District I or IIa residents can schedule transportation aides for appointments at Ne-Ia-Shing Clinic and the Mille Lacs Health System Family Clinics in Onamia and Isle.
- District II residents can schedule transportation aides for East Lake Clinic appointments.
- District III residents can schedule transportation aides for Aazhoomog Clinic appointments.

Referrals are needed for specialty appointments that are not offered at the clinics listed above. Appointments that are more than 100 miles away must be scheduled for 1 p.m. or earlier in order to request a transportation aide.

A two-day advance notice must be given when requesting a transportation aide. Booking in advance will increase the likelihood of availability.

Passengers under 18 years old must be accompanied by a parent or guardian, and all children less than 80 pounds and 50 inches tall must ride in a car seat.

For more information or to schedule a transportation aide, contact the community health representative in your district.

- District I and IIA: Mary Sam, 320-532-7815
- District II: Eileen Farah, 218-768-2389
- District III: Francine Staples, 320-384-0149, ext. 339

Home health aide services for District II

By Jackie Jensen, District I and II RN

In an effort to increase health services in outer districts, the public health department is now offering personal care assistance to Elders and those in need who live in District II. The home health aide services include bathing, grooming, and light home cooking.

We would also like to remind Elders to move cautiously in the cold weather conditions. Allowing more time decreases the risk of injuries caused from slippery falls.

For more information about personal care assistance, contact Mary Mercado, District I and II RN, at 320-532-7776, ext. 2407.

The negative effects of marijuana

By Kristy LeBlanc, prevention specialist manager

Marijuana use among adolescents is a growing trend that has been proven to impair memory, judgment, and learning ability. Marijuana can also affect brain development and delivers as much as five times the amount of tar and carbon monoxide as found in cigarette smoke.

These harmful effects put marijuana users at greater risk for other health conditions and can negatively impact relationships, school performance, and job performance.

The prevention program encourages parents to talk to their children about marijuana and set a good example. For more information about the harmful effects of marijuana and prevention mechanisms, contact Kristy LeBlanc, prevention specialist manager, at 320-532-7776, ext. 2413.

Allen Weyaus Elected AMVETS Post 53 Commander

In October, AMVETS Post 53 members unanimously elected Allen Weyaus as the post's commander.

Founded in 1991 by the late Kenny Weyaus, AMVETS Post 53 is an organization that sponsors programs t0 help ensure veterans are taken care of when they complete their service. Allen succeeds Kenny as the post's commander.

As commander, Allen is responsible for running meetings, passing along information from the state to the individual post level, recruiting new members, hosting powwows on Memorial Day, leading the post at parades, and maintaining a strong relationship with the Ladies Auxiliary. One of Allen's goals as commander is to boost membership activity and participation in the community.

There are more than 30 active members in Post 53, which includes veterans from the Band and the community. Elections for officer positions are held each year in April.

Free Hearing Evaluations

To schedule an appointment for **Friday, December 9**, at Ne-Ia-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

Boys & Girls Club Honors Two Members of the Month

Photos courtesy of Justin Beaulieu

Band member Sage Boyd-Davidson, a ninth-grader at Nay Ah Shing School, and Band member Bobby Eagle, a third-grader at Onamia Elementary School, were named Boys & Girls Club co-members of the month in November.

The Mille Lacs Band Boys & Girls Club honored Sage Boyd-Davidson and Bobby Eagle as the club's November members of the month.

To be chosen for this honor, participants must consistently have a positive attitude and willingness to learn and try new things. Additionally, club members must show certain characteristics of leadership and attributes of a good role model.

"I like to go to Boys & Girls Club because it is fun, and something to do other than get me in trouble. It keeps me occupied, and the staff is really great," Sage said.

"I like the Boys & Girls Club because we do fun activities like kickball and the staff helps us with our homework," Bobby said.

Congratulations, Sage and Bobby!

Red Cross Trains Band on How to Set Up a Shelter

By Jamie Edwards, public information officer of the Tribal Emergency Response Committee

Red Cross officials were on the Mille Lacs Reservation on November 17 to train the Band's Tribal Emergency Response Committee (TERC) on how to set up a temporary shelter. This training session helped TERC members understand the Band's role and each of their roles in setting up an emergency shelter in partnership with the Red Cross.

After the storm in District III this past summer, committee members requested training on how to set up temporary shelters at each District's Community Center. If any future disasters should leave Band members temporarily homeless or without basic necessities, a shelter would be the most efficient way to respond.

"Setting up a temporary shelter takes a lot of teamwork since an emergency shelter can be needed any time during the year and at all hours of the day," said Monte Fronk, Mille Lacs Band emergency management coordinator. "TERC requested this additional training because we want to be prepared in the event that we need to set up a temporary shelter."

In general, the process would involve the Band preparing a shelter site (such as one of the community centers) for the Red Cross to bring cots, blankets and meals. Since government entities do not normally keep these supplies in their inventories, the Duluth Red Cross would provide these resources under the direction of TERC. The Band would also be responsible for operating the shelter as well as services such as transportation, medical care, and mental health services.

Mii gwech to the Red Cross's Duluth office for providing the training session. Mii gwech also to the 24 TERC members for their service. TERC includes all Band commissioners and their backup representatives, community center administrators, and personnel from the Band's public safety and public information teams.

Prepare for Winter

As snowflakes have already started to fall, it is important to prepare for the unexpected events of winter.

Detecting and treating frostbite

A wind chill of -20 degrees Fahrenheit can cause frostbite in 30 minutes. Parents are encouraged to limit the time their children spend playing outdoors in cold weather temperatures. The early stages of frostbite can cause burning, numbness, tingling, itching, or cold sensations in the affected areas. Eventually, there will be a decrease in sensation that can lead to a loss of feeling in the affected area. Swelling, blood-filled blisters, or skin discoloration may appear.

If you are assisting someone with frostbite, warm the person slowly. Start with having the person change into dry clothing and wrap him/her in a warm blanket. Warm (but not hot) foods such as soup broth are suggested. In extreme cases, seek medical attention.

Holiday decoration tips

Where you decide to put the holiday tree and how you take care of it are important factors for indoor fire safety.

- If you have a real evergreen tree, be sure to keep your tree stand filled with water.
- Avoid placing your tree near a heat source, including a fireplace or a heat vent.
- Place your tree in a location that will not block an exit.
- Avoid using flammable ornaments.

Winter survival kits

Survival kits should include: candle stubs and matches that can be used to melt snow for drinking water, a cup, a red bandana or plastic whistle to alert rescuers to your location, a first aid kit, a flashlight with spare batteries, two large plastic garbage bags to insulate feet, a gallon of water, and snack foods that provide ample energy. Other items to consider are extra articles of warm clothing such as winter boots and a blanket, jumper cables, a basic toolbox, a shovel, a bag of sand, and a tow cable or chain.

For more information about winter safety, visit the Minnesota Department of Public Safety's Homeland Security and Emergency Management webpage at http://hsem.dps.mn.gov.

Legislative Office Welcomes New Employees

Semira Kimpson, legislative receptionist

Semira Kimpson started as the new receptionist at the legislative office on October 17. As the first point of contact, Semira answers phone calls and directs people to the person who can best help them. She also performs clerical duties around the office. Semira is also a blackjack and poker dealer at Grand Casino Mille Lacs.

"I'm looking forward to getting to know Band members more as they come into the legislative office," she said.

Danielle Smith, deputy registrar

Danielle Smith is the new deputy registrar for the Band's Department of Motor Vehicles (DMV). She started her position on November 14.

As deputy registrar, Danielle processes title information for Band vehicles, boats, ATVs, and other motorized vehicles. She also processes Band license plates.

Prior to working as deputy registrar, Danielle was an employment specialist in the Band's Human Resources Department.

"I'm excited for the new experiences that I will get in this position. It's different than the other jobs that I've had," Danielle said.

Governor Appoints Band Member to Broadband Task Force

Last month, Governor Mark Dayton appointed Mille Lacs Band member Keith Modglin, who is the Band's information systems director, to serve on the state's broadband task force.

The broadband task force has representatives from phone and cable companies, commercial interests, telecom unions, rural public policy nonprofits, wireless companies, schools, cities, counties, and tribal governments. Under the direction of former House Speaker Margaret Anderson Kelliher, the 15-member team will work together to improve the state's broadband Internet resources over the next two years.

As the Band's information systems director, Keith works to find innovative ways to bring broadband services to the reservation's rural districts. As a broadband task force representative, Keith will assume a comparable responsibility at a state level capacity.

Answers about Child Support Payments

By Amy Doyle, director of tribal child support

Parents who pay or receive child support will notice a difference in how child support is withheld from per capita payments and also how multiple orders are dispersed.

According to Mille Lacs Band statute, an income withholding action for child support enforcement can be initiated against the noncustodial parent's per capita payment if they are 30 days or more behind in paying. The custodial parent or the public authority must serve notice of the action on the noncustodial parent before any withholding can occur. If an objection to the withholding order is made within 20 days of when the notice was sent, a hearing will be scheduled with tribal court.

After a 20-day waiting period is complete, the Office of Management and Budget will withhold funds from the noncustodial parent's per capita payment, as specified in the court order. The amount that can be withheld is the current month's order plus an additional 20% of the monthly order amount to pay toward any unpaid child support debt, known as arrears. According to Band statute, child support withholdings cannot exceed 50% of a person's per capita payment.

How child support is withheld from per capita payments

As an example, if a noncustodial parent has a $600 per month child support court order and owes another $1000 in arrears, due to the Band statute that prohibits child support withholdings from exceeding 50% of a per capita payment, the maximum amount that can be withheld is $466.50 for this order, based on a per capita payment of $933. This means the amount withheld will not pay toward arrears and the unpaid order amount balance of $133.50 will be added to the arrears amount.

Another example is if a noncustodial parent has a $150 per month child support court order and owes another $1000 in arrears, the Office of Management and Budget will withhold the monthly order of $150 and an additional 20% of that monthly order for arrears, which is $30. The total amount that will be withheld from the $933 per capita payment is $180 instead of 50%, which may have been what the custodial parent had previously received.

How multiple child support orders are distributed

Example: If a noncustodial parent has two different child support orders that total $500 for the month and only $400 can be withheld from the parent's per capita payment, the child support payments for each order are distributed based on this calculation:

Case 1 monthly order amount: $300

Case 2 monthly order amount: $200

Total dollars owed from payer: $500 per month for all cases collectively

Case 1: $300 monthly order ÷ $500 total monthly obligations for all cases = 0.60, or 60%.

Case 2: $200 monthly order ÷ $500 total monthly obligations for all cases = 0.40, or 40%.

Case 1: $400 payment received x 60% = $240 will be paid to case 1.

Case 2: $400 payment received x 40% = $160 will be paid to case 2.

Each child support case is different, and the rules are complex. If you have questions about your individual case or would like more information, contact tribal child support at 320-532-7755.

Tribal Noteboard

Happy December birthday:

Kellen James Crawford, 2, on December 17 with love from mom, dad, gramma, Auntie Rachel, Uncle June, Noah, Taya, Deek, Jen, and Wesley • **Chilah Brown**, 35, on December 29 from mom, Son, Jayden, Jordan, and Debo and family • **George Jackson III**, with love from mom, dad, Shaun, Troy, Isaiah, Stephen, Jasmine, and the rest of the family • **Billy**, on December 3 with love from dad, Lenore, Evan Colleen, Tyson, Eva, John, Susan, and Maggie Sue • **Evelyn**, on December 7, with love from dad, Tyson, Eva, Jon, Faith and Lenore • **Candy**, on December 18 from Lenore, Tyson, Faith, Eva, Jeff, Jon, Clay, Clay Jr., Aubrey, Roxanne, Danica, mom, dad, Desi, Lydell, Kayla, Tayaunna, Roland, Roland Jr., Collin, Camille, Terrell, Tierra, LaDarius, Bev, Rog, Juni, Roy, and Jillian • **Camille**, on December 30 from Lenore, Tyson, Faith, Eva, Jeff, Jon, Terrell, Tierra, LaDarius, Lance, mom, dad, Desi, Lydell, Kayla, Tayaunna, Roland, Roland Jr., Collin, Candy, Clay, Clay Jr., Aubrey, Roxanne, Danica, Bev, Rog, Juni, Roy, and Jillian • **Ann N.**, on December 30 from Lenore, Tyson, Faith, Eva, Jeff and Jon • **Virgil**, on December 31 from Lenore, Tyson, Faith, Eva, Jeff and Jon • **Judith Louise Dorr-Beaulieu**, on December 31 from Colleen • **Dawn Marie Murphy**, on December 24 from Colleen • **Nikki Hyatt**, on December 7 with love from Stacey, Braelyn and Brynley • **Frances Davis**, 78, on December 18 from Keith, Terri, Thunder Thighs, Ricki, Lil Ricki, Christopher, Elaine, Shannon, Lorna, Jesse, Justin, Wax, Laila, Marlow, Franny, Loyn, Mitzi, Winston, Tristan, and your family on Henry Davis Drive • **Mitzi**, on December 14 from Keith, Terri, Thunder Thighs, Ricki, Lil Ricki, Christopher, Elaine, Shannon, Lorna, Jesse, Justin, Wax, Laila, Marlow, Franny, Loyn, Frances, Winston, Tristan, and your family on Henry Davis Drive • **Elaine Silva**, on December 24 from Snooki, Lopez, Chris, Krista, Elana, Riley, Frances, Nemah, Laila, Cheyaunna, Marlow, Franney, Antuane, Kelsey, Shane, Diane, Cheyenne, Ricki, Lil Ricki, and everyone on Henry Davis Drive • **Louis St. John Jr.**, on December 21 with love from Little Lou, Daniel, Mouse, and Danielle • **Winifred Davis**, on December 18 from Snooki, Marlow, Franny, Cheyenne, Louie, Frances, Tanya, Montana, Anna, Yvonne, Georgianna, Simon and Shannon • **Brianna Day**, on December 30 from Snooki, Shannon, Marlow, Frances, Antuane, Kateri and Ricki • **Grandma AA**, on December 11 from Rachel, Waylon, Karen, Brad Sr., Sharon, Rave, Mels, Val, Pie, Kev, Jay, Kate, Taylor, Adam, Bruce, Lilly, Jayla, Brad, Kristy, Payton, Brae, Eric, Wesley, Brynley, Shel, Max, Aiden, Jake, Jamie, Aiva, Mark, Emery, Phil, Mick, Nade, Char, PJ, Whit, Cam, Basil, Renee and baby • **Wesley Harrington**, 3, on December 6 from Rachel, mom, dad, Peyton, Braelyn, Eric, Brynley, Val, Mariah, Kevin, Papa Brad, Rae, Waylon, Jay, Kate, Peeps, Guy, Randi, Bruce, Jayla, Lili, Gram AA, Karen, Tracy, Shelby, Max, Aidan, Jarvis, Jake, Jamie, Aiva, Mark, Emery, Nicole, Jameson, Cordell, Chris Jr., Sharon, Wally, Ravin, and Melz Bellz • **Jaime Sam**, on December 3 from Rachel and Waylon • **Kat-a-lac Grillz**, on December 4 from Rachel and Waylon • **Kim Sam**, on December 16 from Rachel and Waylon • **Delaney Boyd**, 4, on December 11 from Rachel and Waylon • **Melissa**, from Rachel and Waylon • **Brianna Friend**, on December 30 with love from Cheyanne, Ron, ShayShay, mom, Sam, Nate, Meech and Jason • **Carlos Taylor**, on December 14 with love from Cheyanne and family • **Danni Jo**, 22, on December 7 with love from mom, dad, Chris, Elliot, and Blazer • **Delsie Day**, on December 6 with love from Joanne • **Corrina**, on December 5 with love from Nancy, Bundy, and Kyla Lynn • **Cash Bailey**, on December 12 with love from Nancy, Kyla and Bundy • **Judy Ballinger**, on December 23 with love from Heather, Daniel, Thomas and Tyler.

Happy December birthday to Mille Lacs Band Elders!

Judith Beaulieu
Gayle Bender
Rose Benjamin
Pamela Bixby
Henry Bonga
Loann Boyd
Phyllis Boyd
Lawrence Churchill
Frances Davis
Marilyn Davis
Delsie Day
June Day
Randy Dorr
Rodney Dorr
Ernestine Durant
Timothy Foreman
Mary Forsman
Diane Gibbs
David Granger
Dale Greene Sr.
Angeline Hawk
Viola Hendren
Carole Higgins
Frank Hill Jr.
Esther Johnson
Peggy Klapel
Larry Koeppe
Renda Leslie
Richard Mortenson
Linda Moxness
Clifford Pewaush
Agnes Pindegayosh
Dale Pindegayosh
William Premo Jr.
Catherine Sam
Herbert Sam
Susan Shingobe
Laura Shingobe-Garbow
Steven Smith
Louis St. John
Anita Upegui
Kenneth Wade Sr.
Yvonne Winiecki
Lucille Woyak

Congratulations

Congratulations to Sarah Boyd and Stuart wade on the birth of their first child. **Lillian Irene Wade** was born on November 2, 2011.

• • •

Congratulations to Krystyna Virnig on her new baby boy with love from Heather, Daniel, Thomas and Tyler Virnig.

• • •

Congratulations to **Lanicia Fronk, Shantelle Smith, and Noah Sablan** for receiving a Husky High Five positive referrals from the Isle School.

In memory

In memory of **Albert Murphy**. May 22, 1925-December 24, 2008. Dad, it's been three years since you left. I think of you often and try not to cry. You are missed more than you know, but I know that you are with me each and every day. I love you, *from Colleen*.

• • •

In loving memory of **Purjiel Jean Sam**. You would have been 8 years old on December 3. Not a day goes by that you don't cross my mind. I love you always and forever! *From your family*.

Thank you

We would like to thank everyone for coming out and having family fun at the 2011 haunted house. We had an unexpected amount of people and it was great. Special thanks to Waylon, Brad Sr., Clayton, Jimmy, Cordell, Baby Kev, and Kiki Lou. It was alot of fun. We couldn't have done it without you guys. *From Rachel Sam*.

Obituaries

Vincent Paul Cody
Born - 4-22-1956
Died - 11-3-2011
Lived In Duluth, MN

Bradley Alan Roache sr.
Born - 7-27-1950
Died - 11-20-2011
Lived in Minneapolis, MN

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

"The story as it's told."

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Please provide news tips and other information by the 15th of the previous month.

Moccasin Telegraph

Sweat lodges are for purification

By Amik (Larry Smallwood), Mille Lacs Band Elder

Our people were given sweat lodges to purify ourselves – our minds and our bodies. Your body and your mind will let you know how long to stay in, or when you need to go in.

When we sweat, we're supposed to use our own language; we cannot hold a sweat using the English language. That is because the Creator gave us the Ojibwe language, and we are supposed to use it in our ceremonies – not just during sweats, but also during our naming ceremonies, our funeral ceremonies, all of our ceremonies. You can't do a ceremony using the English language.

We were also given cedar, sage, sweetgrass, and other plants to use for purifying ourselves, to prepare ourselves for communicating with the Creator.

There are different types of sweat lodges. Different tribes have sweat lodges for different purposes, and they're run differently, too.

I remember how it was for the people who raised me. When they sweat, they sweat inside the house. My dad had made a structure and covered it up with blankets. They would go inside it and sweat there in their house. It wasn't necessary for them to go out in the woods and build a great big lodge.

But other tribes will do that – they will build a great big sweat lodge and use it year-round outdoors. That's their way. Some of our people have adopted that, which is OK. But I don't think there's any set rule or way to do that.

The opening to my dad's sweat lodge in the house, where you crawled in, faced west, but there was not a specific reason for this. Other tribes vary about which direction their lodges face.

Other tribes might also have co-ed sweat lodges, but ours are usually not co-ed. And other tribes sometimes have five to ten people in there. But with our tribe, I remember that sometimes just one person would go into a sweat lodge. A lot of the Elders would sweat individually. They wouldn't do a big ceremony – they would just get in there, pray, and offer tobacco.

There is no set schedule for how often you should sweat. That is pretty much up to each individual. You decide, because it helps you relax and purify yourself.

I want to add – not just about the sweat lodge, but also about other things I put on paper – there are no experts on anything. There are only people who have knowledge of certain things. The things that I know are things that I've seen, things that I've lived, and things that I've learned from my Elders.

Do You Know Any Hardworking Volunteers?

Do you know an outstanding Band member who gives time to the community or a special cause and expects nothing in return? The Mille Lacs Band is looking for strong examples of volunteerism as part of a future project.

If you have a story to share, please contact Kelly Sam, *Inaajimowin* editor, at 651-292-8062 or Kelly@goffpublic.com. Be prepared to provide your name, the name of the person you recommend, an explanation of what that person did and when it happened, and who to contact for more information. Mii gwech!

Upcoming Mille Lacs Indian Museum Events

Birch bark ornament workshop

Create miniature ornaments from birch bark that can be used to decorate for the holidays or given as gifts. This class will be held on Saturday, December 10, from noon-4 p.m.

The workshop costs $25 for the general public or $20 for Minnesota Historical Society members and Mille Lacs Band members, plus an additional $15 supply fee.

A light lunch and refreshments will be provided. A minimum of five participants is required to host the workshop. Registration is required by December 7. Please call 320-532-3632 for more information.

Kids crafts workshop

Listen to museum staff read storybooks, enjoy light snacks, and learn how to make a corn husk doll to take home. Corn husk dolls are made out of the outer covering of an ear of corn. This project is recommended for children 10 years or older.

The workshop costs $6 per kit and will be held on Saturday, December 3, from 11 a.m.-4 p.m.

Band Elder Volunteers at Aazhoomog Cemetery

Band Elder Dave Matrious has been assisting with funeral ceremonies at the Aazhoomog Cemetery in District III on a volunteer basis since the late 1970s.

In the early 1950s, many families moved away from the smaller reservation communities, including District III. There weren't very many people left in the community who were able to help with funerals. After returning home from the east coast in the mid-1970s, Dave began to help dig graves and clean the cemetery grounds, and soon started helping with the funeral ceremonies.

"It's a part of our duty as community members to help families as they are grieving. It's a part of our tradition," he said.

One of the many duties Dave has performed during funerals is to make the funeral items, such as clan markers, wooden spoons, and birch bark baskets. Clan markers signify the clan of the deceased.

"Long ago when tribes were nomadic, headstones were not made. These markers would signify a burial place and those who passed by the marker would offer tobacco or food to their relative clan members," Dave said. "The tradition almost got lost in the early '50s, but we helped revive it."

Today many people's graves are marked with both a clan board and a head stone.

"The carving of the clan markers has become more of a work of art than a service," Dave said. "I take great pride in carving the different animal symbols on the cedar boards."

Over the years Dave has become quite knowledgeable about Ojibwe burial traditions, the Aazhoomog Cemetery, and the people who are buried there. He helps people identify where loved ones are buried so that they can be buried nearby.

According to Patty O'Brien, who works in District III, Dave is the unofficial sexton or historian of the District III cemetery.

"Dave is a wonderful resource for us and for other people who want to find their relatives' resting places," Patty said.

Dave would like to preserve his knowledge of the cemetery and Ojibwe funerals for future generations.

"I would like to make a map of all of the graves within the cemetery and plan a maintenance program for future generations," Dave said. "We should have a cemetery sign that says either Aazhoomog Cemetery or Steven's Lake Ojibwe Cemetery to better reflect our community."

Calendar of Events

December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Purchase Tickets* **Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com	*If you would like an event included in the community calendar,* **please contact Kelly Sam at 651-292-8062** *or write to Kelly at* **kelly@goffpublic.com**			1	2	3 **Sara Evans*** Grand Casino Hinckley 7 p.m. **Kids Crafts** Mille Lacs Indian Museum 11 a.m.-4 p.m.
4	5 **Narcotics Anonymous** Red Brick House 6-7 p.m. Every Monday	6 **Onamia Indian Education Meeting** Rolf Olson Center Noon Contact: David Sam, 320-532-4901	7	8	9	10 **Urban Area Holiday Party** Minneapolis American Indian Center 11 a.m.-2:30 p.m. Contact: Barb Benjamin-Robertson 612-872-1424 **Birchbark Ornaments Workshop** Mille Lacs Indian Museum noon-4 p.m.
11	12 **Pine Grove Leadership Academy Meeting** 5 p.m. Contact: Melanie Benjamin 320-384-7598 **AMVETS Meeting** Grand Casino Mille Lacs 6 p.m. Contact: Diane Nickaboine 320-532-7439	13	14 **District I Community Meeting** Grand Casino Mille Lacs 5:30 p.m. Contact: Judith Ballinger 320-532-7423	15	16 **All-District Elder Holiday Party** Grand Casino Hinckley 5 p.m. Registration 6 p.m. Dinner Contact: Denise Sargent 320-532-7854	17
18	19	20 **District II Leadership Academy School Board Meeting** 4 p.m. Contact: Raina Killspotted 218-768-2345	21	22 **District III Christmas Party** Grand Casino Hinckley 6 p.m. Contact: Katie Draper 320-384-6240 **District II Christmas Party** East Lake Community Center 5 p.m. Contact: Jenny Waugh 218-768-3311	23 **All government offices closed for Mid-Winter Break**	24
25	26 **All government offices closed for Mid-Winter Break**	27	28	29	30	31
Jan. 1	2 **All government offices closed for New Years Day**	3	4	5	6	7

What Is Your Favorite Winter Holiday Tradition?

For this month's Q&A we polled Mille Lacs Band Facebook fans about their favorite holiday traditions. You can become a fan of the Mille Lacs Band on Facebook by visiting www.facebook.com/millelacsband and clicking "like."

Hevin Shingobe

"Eating at Gramma Dorothy's and seeing all my cousins and then gram passes out all the presents."

Dawn Murphy

"Just watching kids play in the snow, making snowmen and angels in the snow, and most of all spending time with family."

Cindi Hettver Cooley

"Playing games Christmas Eve, going to church with my family, and, if it's not too cold, going on a sleigh ride with horses."

Mike Beastmode Sam

"Sleeping."

Courtney Martins-Breth

"Ours just started two years ago. We run out of bed to the front window with our four-year-old and two-year-old to see Santa's sleigh and reindeer marks with all the glitter he leaves in the snow! It's so fun to see their faces and tell the rest of the family at our holiday gatherings!"

Yvonne Winiecki

"Hiding the pickle ornament on the tree Christmas Eve and watching the four daughters scramble to find it! (There's a prize for the pickle picker!) The daughters aren't little either … they're 25-35 years old … LOL!"

Niitamii Gaahbow

"Well seeing how my birthday is on the 18th, I have momma make a huge batch of frybread and enjoy the winter!! I also like family time and eating good traditional food."

Nay Ah Shing Early Education Events

Photos courtesy of Tiffany Sam

District I Head Start held a Halloween parade in October. Pictured above are students from classroom 3.

District I Head Start took a field trip to the Farm on St. Mathias in October. From left to right are Antonio Weous, Kennedy Nayquonabe, Isaac Klenk, and Arielle Pendegayosh.

Circle of Health Updates

By Circle of Health staff

Medicare annual award letter

This month Medicare recipients will receive their 2012 Medicare award letter. Medicare recipients are required to submit a copy of their letter to the Circle of Health office in order to receive quarterly reimbursements, which are given on the second week of January, April, July and October. Be sure to submit your letter by the end of December to ensure you will receive the first reimbursement in January.

Several other departments also require a copy of this letter, so it is important to make extra copies of the document and keep the original.

Lastly, please allow a two-six week grace period from the date of submission for reimbursement claims. If you still have not received anything after six weeks, contact your claims processor.

Circle of Health forms

All qualified Band members are required to update their Circle of Health information annually. The update consists of filling out an enrollment form and consent for release of information form and submitting copies of primary insurance cards. Circle of Health staff will have forms at State of the Band, or you can find these forms on the Mille Lacs Band website (www.millelacsband.com) under programs and services.

Ne-Ia-Shing pharmacy reminder

Make sure to check the Ne-Ia-Shing pharmacy's hours of operation when refilling or picking up prescriptions near the holidays or during severe weather conditions. Be sure to call in advance to order prescriptions and schedule pick ups. Ne-Ia-Shing pharmacy will close at noon on Thursday, December 22. The pharmacy will also be closed on December 23 and 26 and January 2.